

Disentangling with Family Constellations Therapy

Guest: Dr Ameet Aggarwal

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[00:00:09] - Meagen Gibson

Welcome to this interview. I'm Meagen Gibson, your conference co-host. Today I'm speaking with Dr. Ameet Aggarwal. Voted one of the top 43 naturopathic doctors worldwide, Dr. Ameet has helped thousands of people around the world heal from trauma, anxiety, depression, and chronic disease by combining naturopathic and functional medicine, gestalt therapy, family constellation therapy, EMDR, and homeopathy.

Dr. Ameet Aggarwal, thank you so much for being with us today.

Dr Ameet Aggarwal

Thanks, Meagen. Super excited to dive into family constellations and also homeopathy to heal, I guess, dysfunctions or pain in our life that leads us into dysfunctional and toxic relationships, and how to regain confidence to come out of those and live a fuller life.

Meagen Gibson

Thank you so much. I'm fascinated by family constellations therapy, and we've talked about it before, but I would love it if you could start by explaining to everybody what that is for people who have never heard that term before, and how it can help you start to understand the dynamics of your relationships?

Dr Ameet Aggarwal

Thanks, Meagen. So basically, we all inherit trauma from our ancestors, from our family members. In a way, we're loyal to the pain and suffering of our parents, of our siblings and our grandparents. We want to join them in the pain and misery, to carry the burden with them out of love and loyalty. That happens unconsciously or consciously or even subconsciously at many levels. It's happening for everyone almost all the time, and we don't realize this.

Bert Hellinger, a practitioner and a Jesuit priest, spent some time with the Zulu people and discovered that there's certain orders of love or ways of being that can disentangle us from these tendencies of loyalty. What does that mean? What did he discover? He basically saw that often in families, we exclude certain family members, whether it's miscarried children or aborted children or lovers of parents, ex lovers of parents, the black sheep of the family, or somebody who was like an alcoholic, drunkard, murderer, or we don't talk about the aggressive uncle who committed war crimes or the victims of war as well. These are excluded people.

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In family constellations, one of the orders of love is to make sure that everyone is included. We include missing children by giving them a name, by acknowledging their place in the family system. The moment you start doing these inclusions, your nervous system will start changing. You will start feeling more settled. That's one order of love. Typical example is let's say you were born of parents who had a miscarriage or abortion. There is a child before you in a systemic level, even though that child was not born. But you're not the first child, you're the second child or the third child.

I see this often with clients that they have this underlying anxiety, depression, maybe OCD or sense of guilt about living, or this deep sadness that's not theirs. When we explore further and I ask them, okay, was there a miscarriage or abortion? They find out from their parents there was, I get them to say certain healing sentences. These healing sentences belong to the therapy called family constellations therapy. There's healing sentences for different disruptions in the different orders of love. We're going to cover the different orders of love apart from inclusion and exclusion.

One of the healing sentences could be, dear sibling, I give you a place in my heart, I am the second child, you came first. Or, dear mom, I see your grief and I'll carry it with you or for you. And then you just feel the way you're carrying it for them because when you say that, it brings to awareness that you are carrying the grief of the parent that's not really yours to carry.

After you say the sentence and you get the awareness, you can then say, I also see that a better way to honor you is to carry what's mine and give you back what belongs to you with love and respect. Or please bless me as I leave this with you, so I can see my sibling, my unborn sibling, more clearly for who he is or she is to me. You disentangle from mom's grief so you can see the sibling more clearly and then your correct position shows up more in your nervous system and you get more relaxed that way.

It's very subtle, but it's very powerful. It goes to treating the root cause. And then another order of love is basically the order of hierarchy. Often when parents are abused, we will side with the victim parent, the abused parent who we think is weaker. In a way, we change roles. We become the parent of the parent of our own parent. We rescue them and we also reject the father if he was the abusive one or the mother if she's the abusive one.

In that dynamic, what happens is we lose our role as the innocent child and we become over responsible. We take on the sadness of the parent. In a way, when you step out of hierarchy, most people lose their joy or their authenticity and their ability to thrive in life because their energy is busy taking care of business that belongs to the previous generation. Their parents who came before them.

Instead of going forward in life and receiving the joys of life, we get busy inwards or backwards back into the lineage. That blocks you from receiving new relationships, that blocks you from enjoying life, that blocks you from really even being fully present for a partner. Very common. A lot of people will do all the therapy in the world. They'll release trauma, they'll go and shout and scream, but they're not treating the root cause which is a loyalty or deep entanglement at a systemic level.

It's really important to look at this. This is what we do at some of the retreats that I'm running in Kenya and in Sardinia, where we'll do a mixture of trauma therapy, homeopathy, Bach flowers, and family constellation therapy to help you really disentangle from patterns that are keeping you stuck in traumatic experiences.

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When you have a stuck pattern based on entanglements, you might find yourself going into traumas more frequently. So you're busy healing the traumas, but they keep on reappearing because your pattern doesn't change, because you have this deep-seated loyalty to the system, to the family system. It's important to look at that.

Then the third order of love is the balance of giving and taking. So often in relationships, if one person, let's say, was giving too much, the other person is receiving, and the giving person doesn't even allow themselves to receive. That, in a way, is a toxic relationship. Even though it sounds very nice and generous, it's a very toxic relationship. The receiving partner often feels guilty at a very deep subconscious level. Out of guilt, they end up sabotaging or leaving the relationship.

They can't explain why. They might have an affair, they might just sabotage, they might get upset, angry, and they don't know where it's coming from, but it's because the other partner refuses to receive. Or if you grow up with rescuing mom, for example, you might go into a codependent relationship where you might associate your role in love as the giver, always giving, giving. Your association of love is to get appreciation from a person who's receiving your love all the time, so you're not used to co-creating life together. There's an imbalance.

When you go into a new relationship, you want to fit that role to feel safe. You want to fit the role of giver to feel safe. It might be a perfect partner, but the other partner will be like, gosh, this doesn't feel right at some level. Something's off here because you're not really seeing each other for truly who you are. You're stuck in roles. That creates a toxic relationship as well.

Toxic relationships are not only about being abused and ignored and neglected, which is also what we're going to talk about, but it can also be about this imbalance. When it comes to toxic relationships related to abuse and neglect, et cetera, and its relation to family constellations, I often see a pattern where if mom or dad was in an abusive relationship with an alcoholic parent or an aggressive parent, et cetera, me, as the child will see my mom and think, god, she suffered a lot and I don't have the right to be happier than her. You see, there's a subtle loyalty now to her suffering.

What's familiar for me to be on mom's side or similar to mom's suffering, is to end up in a relationship that feels similar to mom's. So therefore I'll feel more connected and bonded to mom's suffering. I'll never leave her alone. Strangely, I know it sounds woo woo, but automatically I will end up attracting a relationship that could be abusive, alcoholic, neglectful, unsatisfying, because I'm close to mom that way. I set up expectations for myself out of loyalty to mom's life and state of being or mood.

People are wondering, gosh, how do I get out of this? Yes, being aware of it is the first step. Then we do healing sentences again at these retreats, or when you're doing family constellations therapy, where you can say dear mom, I've carried this with you or for you for a very long time. Please forgive me if I can't carry it anymore. Please bless me if I end up choosing a different kind of partner for myself. You can feel the subtlety in that sentence, please bless me.

In constellations therapy, I might have a representative for your mom, somebody representing your mom, to say, dear child, please go ahead, I give you my blessings. Or I might, as a therapist, represent your mom and say that. When you hear these words from a person who's taking the role of a parent, your nervous system registers that as permission.

You might be doubting that, but trust me, when you try it, your nervous system actually registers that as a certain subtle permission. You will suddenly feel yourself not needing to take care of an abusive partner, not needing to take care of an alcoholic partner. You'll be like, gosh, well, this doesn't serve me anymore. It's not that you're becoming cold and mean, it's just like, I don't feel safe doing this anymore actually. This is not my resonance. This was mom's resonance, not mine.

[00:11:49]

I'll combine the constellations with homeopathy, which we can talk about to heal our emotions and trauma as well. Very important, because therapy works layer by layer and can be quite slow. When we include or introduce a homeopathic remedy, which is energetic vibrational medicines, they can shift or transform your trauma and tendencies at a much deeper level, much faster. We can talk about homeopathy shortly, but I'm just curious if you have any other questions about family constellations therapy?

Meagen Gibson

Absolutely. You're doing a great job. I didn't want to interrupt at all because I'm just so absorbed in what you're saying. I have a few things, and it was funny because the healing sentences and I won't name which one, but there was a moment where you started with the healing sentence, and I felt myself get really angry. And then it was the follow-up sentence afterwards that was and now I release this back to you and I'm not going to carry it for you anymore, and I was like, oh, great, we're all safe. Good.

But I just want to validate anybody else's experience, if they were thinking of their own personal experiences and had a reaction. I think it's important to validate that the healing sentences don't have to stop. We're going to carry it through, and then the integration of the homeopathy and the Bach plant medicine and all of that is what you're saying as far as layers, because this is emotional work, isn't it?

Dr Ameet Aggarwal

Yes. Emotional work has to be done delicately, and you cannot force yourself to become positive. So in the healing sentences, we acknowledge the pattern you're doing first and then the solution. If you try saying the solution before acknowledging what's happening, you will miss the experience of the healing because you're trying to force beyond where your nervous system has been met, acknowledged or recognized.

Meagen Gibson

Your nervous system can't trust that, if you're just gaslighting it and bypassing with toxic positivity. That's not healing. That's just more masking and pretending, isn't it?

Dr Ameet Aggarwal

Absolutely, and ignoring the vulnerable parts of us. Our vulnerability needs to be acknowledged first. Our loyalty needs to be acknowledged. Dear dad, I will give my life for you. I will give everything for you for what happened. I will give up my personality to survive with you. It's a very deep, loyal sentence one can say to their parents. After you get a sense of that in your nervous system, what you've been doing, then the right healing sentence appears naturally, automatically.

In fact, it's almost impossible sometimes for a healing sentence to appear until the acknowledgment happens. Because when the acknowledgment happens, the nervous system shows itself, your energy field shows itself, the emotions show themselves. Only when an emotion shows itself, does our intelligence then come and recognize, okay, this is the healing sentence for this emotion that's showing itself.

Meagen Gibson

When you say intelligence, I'm thinking soul-level intelligence. You're not talking about cognitive intelligence. You're talking about your highest self, your inner wisdom, your intuition. That's the voice that we're talking about when you say intelligence?

[00:15:16] - Dr Ameet Aggarwal

Thanks for clarifying that. Yes, it's an emotional intelligence. It's nervous system intelligence. It's intuition, like you're saying. I do it kinesthetically, so I'll feel it in my body as well. Different people will get visions or sounds or smells. Each person works different. That's the intelligence we're talking about, the intelligence of the soul.

Meagen Gibson

I want to ask for people who are unclear about what their family ancestral trauma or their stories or their relationships are. That could be because they were adopted, that could be because they lost their parents when they were really young so they can't gather facts. They can't ask a relative for whatever reason, estrangement frankly. How can people like that navigate trying to disentangle these relationships that still have a deep and real impact on them, but they can't get the actual facts, if you will?

Dr Ameet Aggarwal

Beautiful question. I love it, Meagen. When we're doing constellations that represent me as a therapist or a representative is in tune with what we call a field, a knowing field. We're sensitive enough to pick up, okay, this feels like murder, or this feels like abandonment, or this feels like sadness or loss. When you hear those words, you the watching client, when you hear those words being spoken, your body changes as well. You'll feel, oh, there's acknowledgment, something's matching here. Slowly, by slowly, we can discover different possibilities of experiences or emotions that are happening in the family system.

If you're adopted, I can say, okay, I'll represent your biological mother, or somebody else will. I'll get somebody to represent you as well as the client, and I'll watch the interaction between the biological mother and you, the client, or your representative. Based on that interaction, I can say, okay, maybe mom was looking away or very busy, occupied. Maybe her father died early and she couldn't care for this child. Just that acknowledgment. Something in you, in your nervous system, settles. It's like, oh, she was busy and occupied or in pain about her father. It's not about me. It's not my fault. And you settle.

Most people need that. That is not their fault that they were left alone or felt left alone. When you hear that, you gain some strength, some courage inside. You relax, and then you can look at your mom more clearly. There's other healing sentences like, dear Mom, I needed you, or that was painful. And then you'll witness or the representative for mom might turn around and look at you now, and you'll see those words when you speak them. Dear mom, that was painful, and somebody responds and actually looks at you. There's validation. Gosh, my feelings matter. Feelings that I didn't even know I could say or I had.

The therapist comes up with these deep healing words that our minds, as the client, are not aware that we need to say. When we say these deep, healing words, it acknowledges hidden feelings that our conscious mind doesn't even access on a regular basis. This accessing of the healing feelings and bringing out in the open and being witnessed for saying these feelings, brings about resolution at a very transformative way.

Meagen Gibson

I can imagine adoptees in adoptee circles. I've heard a lot from adoptees that they have had just this constant dialog being fed to them their whole lives about how lucky they are and how lucky they should feel. It's really hard to feel fortunate and lucky when you feel a lot of grief or a lot of abandonment or maybe things that you couldn't even identify. So I imagine that this can be really powerful work, especially for people that were raised by loving, caring people, but they couldn't quite vocalize or put their finger on just a tremendous grief and loss they felt.

[00:19:37] - Dr Ameet Aggarwal

Yeah, which is like a micro trauma or mini trauma as well. The obligation to feel grateful. There's no room, there's no allowance for grief. Many trauma therapies they ignore grief. It's always about the abuse and stuff like that. Grief is not supported enough in our culture, in therapy. So if you can sit long enough with a client, or you yourself as a client can sit long enough in your grief and be witnessed in your grief. A lot of people, they also don't allow themselves to feel grief with the therapist because a lot of people find that they might become disinteresting, not interesting enough, even for the therapist. There's a fear of abandonment if I spend too long in my grief.

There's a huge fear of isolation because earlier on, it often happens somehow if we're not interesting enough, we're abandoned, or if we're in pain in our suffering, it's coupled with abandonment issues. Which one comes first, the abandonment or the pain? It gets mixed up in our nervous system. So we're very afraid of spending too long there in front of someone, and so we get interrupted in our therapeutic process.

I like to sit with the client and let them feel and then maybe even make some contact or just spend a bit more time there and add some sounds or words. So that they can nurture that part of them that is still grieving and is tempted to come out of grief. We explore, you want to come out of grief, but how about exaggerating your crying or something? Then they get their power back. It's like, gosh, I have a right to cry and still be seen. And then self esteem comes back. You value yourself a bit, your feelings.

When this self esteem comes back, of course that translates since we're talking about toxic relationships, you value yourself enough to not tolerate a toxic relationship anymore. Of course, I'm simplifying it. There's layers and layers to work on, but generally when we really emote and go and acknowledge our inner feelings, we tend to tolerate abuse less if you have enough support.

Meagen Gibson

I'm thinking of this image where I changed my relationship to grief and sadness by watching my kids get really upset. It was so beautiful to me the way that they could cry and not apologize and not wipe their tears away. It just felt like the most beautiful expression of feeling. I was like, oh, my gosh, we don't have to apologize for what we feel, and we don't have to start immediately cleaning up and trying to - I was like, God, this is just the freest thing I've ever seen in my life.

I'm sure that therapists see it all the time, where a client starts to actually feel something and it causes them to tear up and the first thing they say is, I'm so sorry. Who are we apologizing to? Oh, yeah, we don't do grief enough, do we?

Dr Ameet Aggarwal

No. The fact that you allowed your kids to cry and just you're there, you didn't run away. So they went through the whole spectrum of the emotion, grieving, recovering, and you were present the whole time. They were always in contact, so every part of their being was in contact, was receiving love, nothing was interrupted. They have more confidence about owning all parts of them. That's what we need, confidence about owning all parts of us.

Meagen Gibson

It's so fun or funny. Funny is not the right word. But I think most of the time people get abandoned in their grief or their sadness because of the other person's discomfort.

Dr Ameet Aggarwal

As well.

[00:23:42] - Meagen Gibson

To have somebody who is present, regulated in themselves, not entangled in a relationship with you that can just be present, with no matter how large or how deep or how long your grief and sadness lasts, that's going to be incredible.

Dr Ameet Aggarwal

Yeah. That's what I love doing in the retreats as well, is I actually get people to express - we'll go through expression of different emotions, not necessarily in context or something, but just experiment with this emotion. Experiment with this emotion for a prolonged time by yourself and then in contact with another. So you really go into a space of experiencing this true grief that you never let out. And then I might get other people to look at you or you look at somebody else, not the whole group, but in small pairs. You spend time in there exploring, experimenting for even up to five minutes until you're really done with it and there's no shame around it anymore.

Suddenly it will be less foreign to you. When your emotions are less foreign to you, or you're less allergic to your emotions, you get more integrated and then you're able to stand up for yourself better. You're able to ask for what you want, you're able to walk away. You're able to also attract what is healthier for you in life. Because when you transform your emotions, of course, your vibration changes, your frequency changes. When your frequency changes, what you attract also changes. So emotional healing is extremely important for attracting abundance, money, the right relationships, the right job, and even the life that you really want.

Meagen Gibson

Energy, health, all of those things.

Dr Ameet Aggarwal

Absolutely. Because sometimes, going back to family constellations, when we're entangled with the poverty of our family or this guilt about having too much, then we end up sabotaging or we don't ask for what we really want because it's too much to ask. We're asking for too much, or we don't really deserve that. That would be wrong to ask for that or thrive so much. I'd rather survive and stay with you, mom and dad, and stay in survival mode. Because thriving would mean leaving you alone, not respecting how much you suffered. That's the subconscious language going on in us on a constant level.

Meagen Gibson

Absolutely. Okay, so you mentioned homeopathy before, so I want to give you an opportunity to talk about how that integrates into it and how that might look different for every single person. Individually, it's going to look different.

Dr Ameet Aggarwal

So, first of all, homeopathy is this energetic form of medicine. We make homeopathic remedies by diluting a substance in nature multiple times. So the final dilution doesn't really have a molecule of the original substance. It's the vibration. So that means homeopathy works energetically at a frequency level. Why is that important? It's because our emotions, as well as trauma as well as entanglements with family members are energetic in nature. They're vibrational.

Talk therapy also helps basically release these vibrations and entanglements. Now, if you can also find a remedy, some medicine that is vibrational, that can match entanglements, trauma, emotions, your healing will happen much faster because talk therapy goes by experience by experience, by layer by layer, which is great. We all need that.

[00:27:17]

And then comes along homeopathy, this beautiful medicine suddenly that says I am a remedy that matches all your symptoms. Let me make it more clear. Different people act differently in response to trauma. For example, if somebody's betrayed, they might get resentful, they might get headaches, they might cry when they're alone, they might be sentimental. That's a typical picture of Natrum Muriaticum, homeopathic salt. Another person might, if they lose a relationship or they go through a failure in life, they might get suicidal, feel their failures. They might have a lot of guilt, low self-worth, low self-esteem, and blame themselves a lot. That's the typical picture of Aurum, homeopathic gold. I cover all these remedies in my course.

By first of all, seeing, okay, these are my symptoms, and then finding a remedy that matches all these symptoms. When you take it, because of the unique matching capability of homeopathy to all your symptoms, basically the remedy acts much deeper and much faster than taking a pharmaceutical or something that just blocks your symptoms. Also it goes deeper and faster than just doing talk therapy, because often in talk therapy, we're going emotion by emotion or experience by experience.

Homeopathy speeds up any talk therapy that I've seen. It really releases the energetic entanglements and the trauma. Because also what happens to us, trauma, we respond in a certain way. In homeopathy, there's actually remedies for specific kinds of trauma, like there's 30 remedies for being abused, there's 30 remedies for being abandoned or failing in business or something like that, or being betrayed in a relationship or losing a loved one. Now, out of those 30 remedies, how do we know, or 100 remedies, how do we know which one is for you?

We look at the type of trauma you've been through and your emotional response, how did you respond, and we match that. Your emotional response, the guilt, the low self-worth might be represented by 20 remedies. Then the type of trauma you went through also might be represented. There's maybe 20 other remedies for that or similar remedies. We look at both remedy lists and we say, okay, out of these, which is the most common, then we might get five. As a homeopath, I understand the remedies better and I'll understand your character better. I'll say, okay, this is most fitting for you. When I give you the right remedy, boom, everything just starts transforming much faster.

Meagen Gibson

It's got to be really gratifying to witness that as a practitioner. When that happens for somebody, when they call you or they email you and they say something has clicked.

Dr Ameet Aggarwal

Yes. They feel the difference. They're like, gosh, this is so different from just normal supplements. Of course, we prescribe supplements, we prescribe herbs, but I always include homeopathy, whether it's for trauma healing, anxiety, depression, liver detox as well. My course covers a lot of remedies for liver detox as well, because herbs and supplements help your body detoxify at one level, but when you introduce energetic remedies like homeopathy, detoxification happens much deeper, much faster. Same for the emotions.

I really encourage people to look at combining trauma therapy, family constellations therapy, as well as homeopathy. Of course, if you're suffering from anxiety and depression, you also want to look at healing your gut, your liver, your adrenal system, which are covered in the course, but that's a whole separate topic related to mental health.

[00:31:05] - Meagen Gibson

Yeah, because obviously when we're talking about the adrenal system, for people that if that's the first time they've heard about it, we're talking about our stress response and cortisol and all the hormones that get activated when we've experienced trauma or stress.

Dr Ameet Aggarwal

Yes, exactly. Being in a toxic relationship burns you out, burns most people out. To recover, yes, you're going through therapy, but your physical body is burnt out and wiped out. These are things called the adrenal glands, which sit above your kidneys, those need to be nourished. When somebody's recovering from burnout or anxiety and depression, I'll often give adaptogenic herbs, either ashwagandha or rhodiola, or even B vitamins are excellent, or vitamin C, excellent for restoring adrenal gland function.

When your adrenal glands are stronger, basically your serotonin, dopamine GABA, all your neurotransmitters correct themselves. They come into higher levels, and therefore your mood improves, your confidence improves, so you recover from burnout, a toxic relationship, and also you have more confidence to leave a toxic relationship. It's a win-win situation.

Meagen Gibson

You're absolutely right. What a good point. If we think about the energy and the stress involved in being in a toxic relationship. I think a lot of times when people are analyzing, trying to change dynamics, even if we're not talking about just leaving it, if we're trying to think about the energy it's going to require to try to shift the dynamic.

I've been in that situation. I'm getting tired just thinking about it. It's not to be understated. You're already stressed, you're already depleted. You're already feeling like it's a struggle just to deal day-to-day and then to try to extricate yourself or repair, or do the emotional labor of changing the dynamic of that relationship is going to require some support, isn't it?

Dr Ameet Aggarwal

Absolutely. The sad thing is, Meagen, that when people go through this burnout and are in a toxic relationship, burnout creates more anxiety and depression. You become so anxious and depressed, you lose confidence about leaving the relationship or who you are, and you think it's always your fault. I see so many people, oh, I should work harder at this relationship, it's my problem. I had a poor childhood or my dad, my mom, they left us, they split up so I want to make sure that I don't do the same thing as well for my kids.

You go into the self blame game and you're caught in this vicious cycle. Different healing therapies give you the right kind of support to come out of these cycles. Also, a lot of children often tell their parents, gosh, I wish you had left that relationship. The fact that you stayed for us makes me feel guilty. That's another constellation issue, family constellation issue, we see. I stayed for you, dear children. Yes, you created a stable family, but often I'll see kids feel this heavy sense of guilt, my dad suffered for me. They don't thrive, they're not happy.

Meagen Gibson

I can even see that playing out in careers as well. I've definitely experienced the narrative of, like, everything I do is for this family. You watch a parent navigate a toxic job that just crushes their soul day in and day out, and what that does for you, especially when the message is, everything I do is for you. You're like, oh, gosh, it's not just romantic relationships, it's our relationships to our environment, our work, the city we live in.

[00:34:41] - Dr Ameet Aggarwal

Thanks for mentioning that, because I can even see some people not thriving then, or feeling guilty, because of what their parents are sacrificing for them. There's the entanglement. I will join my father or my mother in their sacrifice and in their misery or whatever. I refuse to be happy or thrive because I owe it to the family for how much they've given up for me as well.

It's a beautiful thing you're doing. It's love and loyalty. At the same time, it has a cost. Most parents want you to thrive and go forward in life and maybe repay them by doing some charity work or having kids and giving your kids a better life. That's the proper repayment, rather than repaying backwards.

Meagen Gibson

It's taking another critical look at what love and loyalty actually mean. What the full expression of them might be through your own individuality and disentangled self.

Dr Ameet Aggarwal

The best way to honor parents is to live your life fully and give back to the world the gift that they have given you. The gift of life, the gift of security, whatever. Give that forward. That's the way we honor our ancestors, to give forward in life.

Meagen Gibson

Absolutely. I'm conscious of the fact that people might be really interested in what you're saying, but have absolutely no idea how to find somebody who has all of these skills and can guide them and support them. First, how can people find a practitioner who's capable of this stuff? Also, how can they find out more about you?

Dr Ameet Aggarwal

Okay, so first I want to invite everyone to these retreats that we do combining yoga, safaris, or maybe time in Italy. All this information is on drameet.com. There's also free videos on healing your mind, your emotions, your gut. I have a full course on homeopathic remedies for trauma, anxiety and depression, et cetera. I practice Gestalt therapy, family constellations, somatic experiencing and EMDR. If any of those resonate with you, seek out therapists. You can work with me, of course, come to the retreats or find out a therapist who does some of those therapies.

I like those because they're more embodied therapies. They include somatic feelings like your body sensations, and they allow for a deeper expression of anger, of emotions rather than analytical therapies. I'm not a fan of analytical therapies. They work. Sometimes understanding, acknowledgment, of course, helps us change. But the ones I've mentioned, gestalt, somatic experiencing, EMDR, family constellations, especially if you're choosing family constellations, find someone who has a gestalt background because many people are trained in constellations work, but what's their background in psychotherapy? The background really determines whether the therapist can hold the space and help you transform through a family constellations session.

Look for those kind of therapists that will take you further on your healing journey. For homeopathy then, I mean, many therapists don't combine them. Of course, I do. But if you cannot find one, it's okay to see a homeopath separately. But if you can find one who does it all together, then that's a bonus because they know your story. While doing constellation work, they might say there's abandonment stuff in your system. Maybe we'll give you Natrum Muriaticum or this other homeopathic remedy to heal your system completely. That can be a very beautiful experience as well.

[00:38:24] - Meagen Gibson

Fantastic. Dr. Ameet, thank you so much for being with us today.

Dr Ameet Aggarwal

Thank you, Meagen. Lots of love, everyone. Thank you.