



Homeopathy, liver detox & trauma healing

Guest: Dr Ameet Aggarwal

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[00:00:10] Meagen Gibson

Welcome to this interview. I'm Meagen Gibson, cohost of the Sleep Super Conference.

Today I'm speaking with Dr Ameet Aggarwal, voted one of the top Naturopathic doctors worldwide, he combines Naturopathic and Functional Medicine, Gestalt Therapy, Family Constellations Therapy, EMDR, and Homeopathy to help people with trauma, anxiety, depression, and chronic disease.

His best selling book, online sessions and online courses have helped thousands of people heal their mind and body, together with emotional release techniques and holistic medicine.

Dr Ameet also treats poor communities and children living with disabilities in Kenya through his charitable work and sales of his book and online course.

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

Dr Ameet Aggarwal

Thank you, Meagen. It's a pleasure.

Super excited to see how we can really tackle sleep by looking at the root cause, whether it's a nervous system, whether it's physiology, whether it's ancestral trauma.

I'll be talking about family constellations there, and we'll also look at some homeopathic remedies to really shift the energetic vibration of someone who's having trouble sleeping.

Meagen Gibson

Fantastic, and I know that you and I have talked at another one of our conferences, the Trauma Conference, and you do a lot of work with people around trauma.

So, I definitely want to talk first about how trauma has a role in getting good sleep and what you can do about it.

Dr Ameet Aggarwal

Okay, perfect.

[00:01:36]

So, when somebody's traumatized, they go into a fight or flight response, right? Their adrenal glands start making adrenaline and cortisol excessively, and if the trauma is unhealed, the body is still in fight or flight.

So, those chemicals are still being produced in high amounts. And when somebody has a cortisol imbalance, then neurotransmitters such as GABA, dopamine, serotonin, and melatonin all start dropping. And serotonin, GABA, and melatonin are super important for good sleep, right?

So, unhealed trauma can lead to sleeplessness in a physiological, biochemical way. That's one way.

The second thing is, when somebody's traumatized, they are fixated on a problem, and so they're ruminating. And some people stay up late at night ruminating, trying to solve an issue in their past, not realizing that they're trying to solve an issue.

And a very common experience I've had with clients, and myself actually, is, for example, after my mom died, I didn't sleep for many months or years even, because I used to care for her at night, and she used to wake up with a lot of nerve pain from the chemotherapy.

And so I was always on alert, waiting to rescue her or do something for her. Also, when she passed finally, it was like five o'clock in the morning, and I feel like I missed the boat in saying goodbye in a way. I feel a bit emotional right now.

And so I think there's that emotional hanging on as well. You don't want to miss out if something happens to the person.

I've had other clients who have had miscarriages or abortions and after that, there's a lack of sleep.

I'll talk about family constellation therapy and how to deal with ancestral trauma, abortions and miscarriages shortly. But there's that, what if I don't get to say goodbye? Or what if the person disappears? Or what if I miss out?

That's actually a very common effect of insomnia sometimes, or waking up suddenly at night, or at a particular time. So, trauma has that effect.

And of course, trauma also creates muscle tension, and with muscle tension, then we use up a lot of magnesium, and so people get depleted in magnesium, and magnesium is super important for muscle relaxation and sleep as well, right?

So, trauma, through the adrenaline response, through muscle tension, uses up your neurotransmitters, GABA, serotonin, melatonin and magnesium, all important for healthy sleep.

So people make the mistake of only taking supplements to help them sleep, whether it's chamomile tea, whether it's magnesium, GABA, et cetera, or 5-HTP.

But if you don't heal the trauma using the methods we're going to talk about, like EMDR, gestalt therapy, family constellation therapy, or homeopathy, and we're going to go into certain homeopathic remedies as well, I cover more of the remedies in my online course specifically for trauma, but I want to mention some here for sleep.

[00:04:48]

If you don't heal the root cause, the energetic imbalance, then you might be dependent on melatonin, 5-HTP et cetera, the supplements, for a longer time because you're not resetting your nervous system, which is driving these physiological neurotransmitters out of balance in the first place.

Meagen Gibson

Yeah. You said a lot there and I want to actually come back to a few things, because I was actually taking notes as you were talking, because I was like, that's fascinating. I want to come back to that, and that, and that.

So I love, first of all, that it's so validating to myself, and I'm sure to other people listening, to hear that there's so much about trauma.

And if you've had a traumatic experience that isn't within your control, there's physiological stuff that's out of your control, mechanisms that are happening without your cognitive control, that are happening, that are going to disrupt your sleep and disrupt your ability to rest, disrupt your nervous system's ability to relax, rest, restore.

So just the validation of that is happening, and also the validation that there are supplements available. However, it feels like, from what you're saying, that's more of an acute solution, we want to get you some relief, we want to get you some rest in the interim, but there's a deeper level of work that needs to happen for you to address this long term.

These are not long term solutions. This is a means to an end that can give you the space and the capacity to address the things that are going on, to heal, to mourn, to grieve, in your case, if it were.

To grieve the loss of a role, like a caretaking role. I'm sure so many people can relate to that.

It's not only I've lost someone I love that had a huge role in my life, but I've lost this role that I had for a long time, and what do I do with my nights now if I'm not working up and attending to someone?

Dr Ameet Aggarwal

Interesting. Yeah.

Meagen Gibson

Yeah, so, a lot of that as well, and the compartmentalization that I heard you talking about. People that wake up at night and they're thinking about things, they're ruminating or they're processing things because everybody's got to make a living.

We're doing jobs or we have roles in our lives, like being parents or caretakers, and there's no time for that during the day.

You have to compartmentalize, and then you finally rest, you finally lay down at night, and that's when you're going to figure everything out. That's the time, you've got the brain space and the time to just ruminate.

[00:07:23] Dr Ameet Aggarwal

To process. Exactly. The brain automatically does this processing. That's why I also like to incorporate homeopathy as part of the healing process alongside psychotherapy.

For example, *Cocculus indicus* is a homeopathic remedy excellent for someone who stayed up late at night a lot, maybe from a baby crying, or overworking, long periods of not sleeping.

And then suddenly, later on, many years down the road, they cannot sleep or cannot fall asleep easily. Or they have jet lag, for example. I'll give *Cocculus*.

When we're talking about ruminating today, when you're up at night thinking about the next day, planning for the future et cetera, that's often an indication for a homeopathic remedy called *Lycopodium*.

Speaking of *Lycopodium*, the liver is very important in sleep, and I'm going to show people how to detoxify the liver because liver stagnation is one of the major root causes for insomnia as well.

In fact, let's talk about the liver a bit and I'll go back to the homeopathic...

Meagen Gibson

Yeah, please do. I was going to say, say more.

Dr Ameet Aggarwal

Yeah. Okay. So, the liver is the master organ. So, most people are trying to heal their gut. But, the liver produces bile, it balances your hormones, it helps with digestion.

So people suffering from leaky gut, taking probiotics, changing their diet, if they don't detoxify their liver, they won't have enough bile and the good juices in their gut, so they'll still have a Dysbiosis or leaky gut most of the time.

When the liver is stagnant, there's less bile flow, but there's also hormonal imbalance.

With a hormonal imbalance, usually there's a progesterone deficiency, and when that happens, GABA, the neurotransmitter for sleep, doesn't work so well in the brain.

So, we need healthy hormones as well to improve sleep. And of course, your microbiome, your gut microbiome, the bacteria in there, produce serotonin and GABA, your neurotransmitters.

But if you have an unhealthy microbiome from lack of bile flow, then of course you're not going to produce the right kind of neurotransmitters.

Also, what happens is when you have a leaky gut, either from inflammatory foods or liver stagnation, I cover this in a free online course by the way, if people are getting lost, there's some free videos on gut liver adrenals.

But, when the liver is stagnant, not producing enough bile, you get worsening of leaky gut. Then, you have more toxins in the bloodstream, more chronic inflammation in the body.

[00:10:04]

Chronic inflammation drives up your cortisol levels. The imbalance of cortisol levels, like I talked about before, causes a dropping of serotonin, dopamine, GABA, and melatonin.

So, you can see how the gut and the liver affect sleep, as well as unhealed emotional trauma and a stressful life, through the impact on the adrenal glands and cortisol levels, also affects sleep.

So, healing the mind and the body need to happen together rather than separately.

Meagen Gibson

Absolutely.

Dr Ameet Aggarwal

So in that case, then, I'll also use homeopathic remedies. Going back to homeopathy, I'll use homeopathic remedies for the liver.

Lycopodium is excellent. Nux vomica is a great remedy I like using when somebody has insomnia, usually waking up around 03:00 A.M. in the morning and maybe has a lot of constipation, trouble digesting food or had too much alcohol, insomnia from alcohol, maybe too much coffee. That keeps you wired.

I might even use homeopathic coffee for that. Somebody who has trouble sleeping because they're sensitive to coffee, usually it's because the liver is stagnant. And phase one and phase two of liver detox are not processing all the chemicals and the caffeine too well.

So, you can either use nux vomica, lycopodium, or even homeopathic coffee. Each person is different. You got to just test them out.

Then, there's homeopathic remedies for trauma. Ignatia, if you've been betrayed by a loved one or you had gone through a betrayal and you're feeling a lot of overwhelming anxiety.

There's other remedies that are used for burnout. When you're burnt out, you have this wired but tired feeling. You're nervous exhaustion.

So, I'd cover remedies like phosphoric acid, kali phos in the course or even magnesium phosphoricum. Excellent to calm down the nervous system. And magnesium phosphoricum also helps us metabolize magnesium better.

The homeopathic version of a mineral supplement often helps with the metabolism of that mineral supplement.

Meagen Gibson

That you're getting from your diet and...

Dr Ameet Aggarwal

The diet or supplementing as well.

[00:12:13] Meagen Gibson

Yeah. Absorption of supplements. Yeah.

Dr Ameet Aggarwal

Exactly, and if somebody is really burnt out, then what we want to do, we know their cortisol levels are off, they do need the adrenal support.

So while releasing trauma and healing the energetic system energetically with homeopathy and reducing inflammation in the gut and the liver, then I will support the adrenal system.

Because usually a burnt out adrenal system or an imbalanced adrenal system is creating a cortisol imbalance. And so Ashwagandha is excellent. One, it reduces cortisol levels. Number two, it nourishes the adrenal glands.

And, remember, that if somebody is really not sleeping, they're going to burn the adrenal glands out even more. So we do need the supplements, the band aid first aid solutions in the meantime, so they can actually just fall asleep and rest.

Meagen Gibson

Right.

Dr Ameet Aggarwal

Something like phosphatidylserine, for example, is excellent to reduce cortisol levels as well. Somebody might need that.

Other people might need GABA. GABA is excellent to help you sleep, especially with a lot of nervous anxiety and muscle tension. So I'll throw in some GABA as well if needed.

And that deepens the sleep. The more you can deepen the sleep for a person... I know I said that you need to heal the trauma and heal the energetic imbalances with the homeopathy, but remember, we need to deepen the sleep as well to go into that resting state also.

So, I incorporate, of course, emotional healing, homeopathy and the supplements, and very important liver detox, of course, and reducing inflammation with diet changes and healing the gut, to really restore somebody's sleep from the root cause.

The root cause is important. Healing the mind and body together.

Meagen Gibson

Absolutely. I love that three pronged approach, if you will. So let's talk about your life, your lifestyle, what you might be going through, what your history is, your diet, your nutrition.

And again, the validation of you can change up your diet, but if your liver isn't functioning at its optimum, then you're going to have trouble digesting the great things that you're eating and absorbing, the nutrients and all of that change.

[00:14:36]

But as I'm listening, I'm just going to admit, overwhelmed. And that's why you said, I have a course, it's all laid out in the course.

But for somebody who, obviously they can start with your course, but if they're also overwhelmed, I also want to talk about how you can get guidance through a process like this, and then resources for reliable, safe, homeopathic supplements and support.

Because anybody can walk into a Whole Foods, for instance, and find things with GABA in them and find cortisol supplements and things like that, and then all of a sudden you're just shoving a fistful of over the counter stuff without any support in your mouth, like this will get me to sleep.

So, how do you recommend people start? How do they find support and guidance around this?

Dr Ameet Aggarwal

Okay, good question. So, what I've done is I've taken the best resources I know and filtered it into this course.

The good thing is the first part of the course is free, so that's a good starting point. You can just watch how the gut, liver, adrenals, and there's an emotional healing exercise in there as well.

And if you're doing some online research for yourself as well, look at your unique symptoms. Are you grinding your teeth while not sleeping? Do you have trouble falling asleep? Or staying asleep?

Look at these unique symptoms to help you determine what kind of homeopathic remedy suits you more.

And also look at, for example, melatonin helps you sleep, for those who have trouble falling asleep. And 5-HTP helps people who have trouble staying asleep.

So these resources are out there. I've just condensed them into one program so it's easier for people to follow proper instructions.

Then I would say look at meditation resources. Meditation is super important.

And look at trauma healing courses. I find healing emotional wounds during childhood super important because the emotional wounds during childhood program our nervous system.

So, any stress you feel as an adult is exacerbated based on unhealed trauma during childhood. So that's why I've put in the course some emotional healing exercises.

But other resources, there are tons of resources out there for just safe, gentle, emotional healing exercises. Look at things that are body oriented, things that get you into your body and get you to feel your body, rather than analytical therapies.

The analytical therapies get you to analyze yourself and criticize yourself and say, okay. I'm neurotic. I'm this kind of person. I'm type A, type nine, eight, seven. All these strange types we are fixated on.

[00:17:28]

But it doesn't help you release and discharge the pain, the trauma, the longing for love. A lot of trauma is reaching out. What happens in trauma is if you can really go into and feel the disturbance in there, there's a desire for connection and love within most trauma.

And if you can acknowledge that and access that desire, and feel safe with that vulnerability of desiring love and connection, you will start to heal your nervous system as well. Because the awareness that you desire love and connection, that awareness, is an acknowledgment of your vulnerability.

And most trauma heals when we feel acknowledged in the vulnerability. I don't know any other resources off the top of my head.

Meagen Gibson

That's a great start. Yeah. I can mirror what you said in that I started my own personal trauma healing journey very much in my head. I read everything, I learned everything, I had support and a therapist. I spent a lot of time thinking.

And then, finally it was about a year and a half ago, I looked at my therapist and I was like, all right, I'm ready. And she's like, for what?. And I was like, some embodied, somatic... and she was like, okay, let's go.

I wish I had started there, but at the same time I wasn't ready yet because it's intense work. It's intense work to really feel in your body and heal those connections.

Because it's also the stark realization that you can't rely on anybody else to do that work with you. Nobody is going to make you feel safe and supported and loved. That's an inside job to me.

People can acknowledge you and support you, but the fundamental, the ways that you're healing the things that develop in childhood, that's, to me anyway, an inside job that takes quite a bit of work.

Dr Ameet Aggarwal

Interesting you say that because I often find including somatic work safer than analytical therapy, because the key is it's done in titration. We always do it in tiny amounts, and that in itself creates a sense of safety for the body.

We never overwhelm the person. So I'll say, interesting. Just stay with the feeling and just notice what's happening, and just relax. Let's not go into analysis, and now let it go and come back to the conversation.

Just that permission to go in and out gives a sense of trust and safety and I have almost integrity and control over how much I allow myself to feel.

So a good therapist is sensitive enough to know your limits, and that's important. So another resource, I guess, when you're looking for a good therapist, look for somebody who's trained in more sensitive approaches like gestalt, somatic experiencing, hypnotherapy is okay...

[00:20:47] Meagen Gibson

Trauma-informed. Yeah.

Dr Ameet Aggarwal

Trauma-informed, yeah.

And speaking of family constellations, which we need to talk about before we run out of time.

Meagen Gibson

Exactly. We're good. We're doing good.

Dr Ameet Aggarwal

Okay. Yeah. So, look for that more than CBT and analytical therapies. They're helpful, for sure. They save people's lives, and they get you to a certain place, but there's a point where you really need to touch upon the softness inside of you.

Meagen Gibson

Yeah. And I feel like, for sure, at the very beginning, at least for people who are much more analytical than they are embodied, like myself, like maybe some of our watchers and listeners, that the thinking modalities and the CBTS are a really great entry point.

It's like, okay, this whole process of being vulnerable and thinking about these things and analyzing, this is how I'm establishing a new base of safety.

And then I can get into more of the body based, somatic and nervous system and parasympathetic, sympathetic and gestalt and all of it, then we can get a little bit deeper. But first, I've got to establish my baseline brain, tell my brain we're safe.

Dr Ameet Aggarwal

Yeah, we're safe. Exactly. And with CBT and all that, they help you look at your emotions, so you can watch them and be observant of them. Which is a good starting point. To be aware.

Meagen Gibson

And especially with sleep, if you're tied into your thoughts as being truth, and your perspective is skewed a little bit, like I never sleep. I can never get enough rest.

These statements that are just conclusively untrue. Everyone sleeps. If you don't sleep, you literally would die.

Dr Ameet Aggarwal

I love the way you say that. Yeah. Conclusively untrue.

[00:22:38] Meagen Gibson

That's what I love about CBT, and there are obviously limitations to it, we want to go deeper and embody things once we're in a place of safety, but CBT, for me, really establishes that.

Let's question our beliefs and perspective around what's true, because the way we talk about things, the way we language things, the way we state things about our lives or our beliefs, it impacts us.

If I say I never sleep...

Dr Ameet Aggarwal

It's retraumatizing.

Meagen Gibson

Exactly. If I'm a person that just walks around saying I never sleep, I never sleep. Guess what? I'm going to feel unrested all the time.

And I'm not saying it's as simple as only being what you believe is true, but you can also physically struggle to have sleep. Both things can be true, but you're certainly going to help your case by examining those thoughts and those statements first, before you can open yourself up to more vulnerable work.

Dr Ameet Aggarwal

I love that. Thanks for pointing that out.

Meagen Gibson

Yeah. And I also like to say that also because I think people's accessibility to things like CBT is, at least in the States, way more readily accessible.

You can get into a CBT trained therapist much more easily, I'm not going to say it's easy, but much more easily than some of this other work. It's just more accessible to people as far as they can find a doctor down the street that's going to be able to do that...

Dr Ameet Aggarwal

Exactly. Exactly. That's a good starting point.

Meagen Gibson

Yeah.

Dr Ameet Aggarwal

Speaking of, actually, there's an exercise I just want to show people briefly, just so that you can get a taste of feeling your emotions.

It's part of the free series on the website. So don't worry. We're just going to spend a very short time.

[00:24:19] Meagen Gibson

I trust you.

Dr Ameet Aggarwal

Okay, great. So, if you put one hand on your forehead, one hand behind your head, I'm going to walk you through some sentences to say.

The sentences will basically be, it's safe for me to feel exhausted from time to time or fearful from time to time. The key thing is using the word from time to time at the end of the sentence.

Before you begin this exercise, though, please give yourself permission also to not to listen to me and to let go of the exercise. Often when a therapist gives instructions, we go into obligation or we get hypnotized into the instruction, and sometimes we get overwhelmed with the technique.

So, just tell yourself it's okay to let go of this exercise and come back to myself from time to time. As long as you're okay with that. We can begin.

Meagen Gibson

I love that you just named people's agency and reminded them of their agency. You get to choose. Thank you. Go ahead.

Dr Ameet Aggarwal

So, you're going to start to feel things that you don't want to feel, maybe some of the emotions you've been avoiding.

And that's why I use the word from time to time, so you don't force yourself to feel what you don't want to feel, but it's okay from time to time. That gives you agency as well.

So basically we put one hand on the forehead, one hand behind the head. You can also lower your hands and not do that, but this helps calm down your nervous system.

And then whatever sensation you feel, you can say, it's safe for me to feel anxious or disturbed once in a while. And just give yourself a moment and just breathe, and connect to how your body responds.

And you can also say something positive like it's safe for me to relax or take a deep breath from time to time as well, and just feel the experience of that permission.

It's safe for me to feel exhausted, or nervous, or anxious once in a while, or feel expectations of myself from time to time.

I just feel that we're naming something. A lot of people have expectations of themselves to get better, to do better. And that's exhausting for people. But we resist it and we say it's wrong and we label it. We analyze our behaviors.

And once we do this exercise, you'll be calmer about your own emotional conflicts or emotional patterns. That's making peace with yourself and your humanism.

[00:26:55]

And that peace is the beginning of a calmer nervous system and hopefully more restful sleep as well.

Meagen Gibson

And such a self validating practice, right?

You named something that made me think of perfectionism, and sometimes it's not bad memories or bad feelings, it's a striving and a yearning and a wanting for something great and something that we think will make us happy or make us who we want to be in the world. That can keep us up at night. Those perfectionistic tendencies.

And so it's okay for me to want to achieve things from time to time. It's okay for me to have high standards for the way that I perform from time to time. All just very self validating practice.

Dr Ameet Aggarwal

Exactly. And sometimes when we do that, yes, they're healthy ambitions, and sometimes actually it comes from an abandonment, or reaching out for dad's approval, or mom looked away.

That's where family constellation comes in. We work with traumas in the family system that we're not conscious of.

For example, if mom is connected, let's say mom's mother, or father, or somebody, brother, passed away at a very early age, and mom was very traumatized. At a soul level, she will be still trying to reach and connect and come back, bring back that lost person, or maybe join them in the dying process, or on the other side of the veil.

So, energetically, you as a child, as her child, will feel, I need to reach mom. Where's mom? She's there, right, but we're very sensitive beings and we can feel that a part of her is missing.

So, we will feel that we need to do more. We need to love more, we need to reach out more, we need to serve more.

We see these patterns in family constellations. So, a healing sentence in family constellations would be like, dear Mom. I need you. Or Please stay with me. Leave the dead alone. Or I honor your grief for your brother. I need you as well.

That creates an emotional shift in the entire field, the system of the entire family, and you see a lot of healing take place for many family members.

I've also seen insomnia for people who have gone through a miscarriage or an abortion. If you're not aware, a lot of people think, okay, it's done, but the soul is grieving for that missing child.

So there are two situations in a miscarriage or abortion. One is if you've aborted a child or lost a child.

The other one is if you're a sibling of a missing child. If you're the sibling of a missing child, you might think you're the first child, firstborn in the family, but if you count those missing children, you might be third.

[00:30:06]

And when you really sit and acknowledge, okay, I'm the third child, dear mom and dad, please see me as the third child. Dear siblings, I see you before me, and I take my place as the third. I don't have to live the life of both of you who missed out on life, or I don't have to make up for that first position anymore, because that's exhausting for my third position, the position of my soul as the third soul here.

And you will feel it immediately. That relaxation, that letting go of responsibility that keeps us up at night, that keeps us anxious for no reason when there's no obvious trauma.

So family constellations is super important, also feeling the root cause of many energetic and emotional imbalances.

I have a questionnaire where patients fill out, looking at what are the different traumas on mom's side? What are the different traumas on dad's side?

Grandparents as well. Were they victims of war? Were they previous lovers? Were there early deaths in the family? Were they murders? Was their alcoholism? Was there abuse? What kind of abuse? Physical, sexual, emotional, et cetera. Were they betrayals?

We carry these energetically in the system, and then the children of these people who experience the trauma, they inherit it.

And there's healing sentences we do in constellation work that release these entanglements so that our nervous system is free again, to sleep better, to live better.

And physically, also, chronic disease also heals much better. Of course, your physiology depends on your emotional vibration and the traumas that you heal as well.

Meagen Gibson

I'm just thinking about how healing that process must be, because a lot of what you're naming is things down the family line, obviously ancestral, that people who you can't have conversations with.

But also for people with family estrangement, people who just cannot sustain a relationship with a family member because they're just not good for one another in both directions. It always goes in both directions.

And, so, being able to heal that and release it on your own, just acknowledge it and come up with some ways to release the guilt and shame around that.

Dr Ameet Aggarwal

Yeah. Guilt and shame is another whole different topic. Shame can be very life enriching. It's an energy. It's actually very rich in energy sometimes. When it's there too long or it's unsupported or unhealed, then it slips into guilt, for some people.

But the experience of shame especially, it's part of our lower chakras. It's like, hey, I'm seen, I'm alive, I want to live and survive. I'm feeling like an individual amongst this whole crowd.

[00:33:02]

If it's not supported, we go inwards and we collapse. But if it's supported in a healthy way, it's like, wow, we laugh about it. It's okay to be different. It's okay to feel that difference and F up, excuse my language, but that freeing movement then reverses the impact of shame.

Meagen Gibson

I would love if you said just a little bit more about that because when you were like, shame can be enriching, I was like hmm.

So I would just like you to unpack that a little bit more for people who may have had the same kind of reaction I did of how is shame enriching?.

You said a little bit, but the way that you said it contextualized it in one way, but in another, I'm like, what if it's not just that you're different?

What if it's that you've done something that you're not proud of, as a parent, as a daughter, as a child. You've done something that you're not proud of, that you have shame about, and letting go of that and releasing it.

Dr Ameet Aggarwal

So, usually those feelings are more connected with guilt, which is a chronic shame, and that's where our energy goes inwards and we kind of attack ourselves.

Guilt and shame is really coming from, in this moment, I'm feeling, I feel the need to say, it's coming from experience of feeling excluded, or the fear of being excluded.

We feel different and we've done something wrong. We've betrayed the community or the crowd, and so there's a sense of separation.

Unfortunately, there's a lot of finger pointing in society today, rather than compassion and love, and that finger pointing increases the sense of exclusion.

And to be excluded is a very painful experience for a person. It means being annihilated. Not surviving. So the theory is that in primitive times, we survived as a group, and if you're annihilated from the group, your chance of survival was much less.

So it triggers those primitive feelings in us. And so when we name what we're feeling guilty about, and there's acknowledgement and connection again, reestablishment of communication and connection, those feelings of shame and guilt dissipate slightly.

Because you're feeling reincluded, or reconnected, less excluded after the connection of communication.

I feel terrible how I treated you. I want to make amends. Of course, hopefully the other person, you need to do this, of course, without too much expectation of the other person, because the other person might like slap you or something and say, yes, it hurt.

[00:35:59]

Still there's an acknowledgment and strangely you feel relieved, I'm not saying you'll feel relieved by a slap, but after you acknowledge it, it's very healing.

On the flip side as well, when somebody hurts you and you want to forgive somebody, in constellation work, the sentence is often rather than I forgive you, it's more I'm sorry this happened between us.

So you're looking at the person as an individual, as an equal, rather than the perpetrator, because if you say I forgive you, they're still guilty. I'm sorry this happened between us, gives them that autonomy back and they have a choice again whether to repeat or not.

Meagen Gibson

I like that. That's a really powerful sentence. It acknowledges that there's always two parts of every interaction.

I think that that's what maturity looks like. Even when you feel like a victim, or you feel like you've been victimized, just acknowledging that there are two parts of every interaction, and I'm sorry that this happened between us feels really powerful to me.

Dr Ameet Aggarwal

Yeah. Sometimes it takes time. Sometimes we don't have the emotional integrity. Integrity doesn't mean the integrity like I'm very proper, the solidity inside, the agency to come up with those sentences because we're too crushed, we're too vulnerable and insecure. There's not enough safety to come up with those words.

So when you do the emotional healing work, childhood wounds, mother wounds, father wounds, et cetera, then these words come out easier because you've built emotional resilience through the energetic therapies. And that's the key.

Meagen Gibson

Fantastic speaking with you.

Dr Ameet Aggarwal

Thank you.

Meagen Gibson

Where can people find out more about you and your work and the courses you mentioned earlier and accessing all of the resources that you have available to help people with.

Dr Ameet Aggarwal

So the free course and the full course with all the different homeopathics for trauma, anxiety, depression and all the gut healing stuff, liver detox stuff is on drameet.com. That's drameet.com.

[00:38:12]

There's a free ebook as well, and the free video course for the emotional healing exercise, plus a few of the gut, liver and adrenal protocols as well. Some more stuff on family constellations. So everything is there. Free ebooks, free videos, a full course. One of my best selling books as well is there. So it's all there.

Meagen Gibson

Fantastic.

Dr Ameet Aggarwal

So I hope you enjoy it.

Meagen Gibson

Thank you so much for being with us today.

Dr Ameet Aggarwal

Lots of love, everyone. And sleep well, hopefully.