



Conscious Life presents

Healing Sentences for Family Trauma

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 psychotherapy, Family Constellations Therapy, EMDR, and homeopathy. Dr Ameet Aggarwal, thank you so much for being with us today.

Dr Ameet Aggarwal

Pleasure, Meagen. Really excited to dive deep into homeopathy and Family Constellations to heal trauma, anxiety, depression, and ancestral trauma. It's going to be super deep and super cool.

Meagen Gibson

I want to start with you from the perspective of the person watching. Why do people get anxiety and depression or burnout after they experience trauma?

Dr Ameet Aggarwal

Trauma lives in the body. It stays in our body unless it's healed. We're all carrying unhealed trauma in our nervous system. When we're traumatized, we go through a fight, flight, or freeze response. And a fight, flight or freeze response involves the adrenal glands and our whole nervous system releasing cortisol, adrenaline, and other hormones.

When trauma is unhealed, this process keeps going on, this production of chemicals, and composition and self protection all the time. You're worried about the next bully coming in, you're worried about the next abuse, the next threat. That uses up energy, and that burns out our adrenal system, our nervous system. When that happens, our adrenal glands, when they become fatigued, or go into adrenal fatigue, basically we get a cortisol imbalance and an adrenaline imbalance.

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When Cortisol is imbalanced, then our neurotransmitters, Serotonin, Dopamine, GABA, Melatonin, I'll explain each one, they become imbalanced as well. They start dropping. Serotonin and Dopamine are feel-good neurotransmitters. GABA helps reduce anxiety and helps with sleep. Then the last one, melatonin, is for sleep as well. When these start dropping, then our ability to feel good diminishes.

We get more anxiety and depression. And burnout is really a combination of all of this. Burnout is a term used for adrenal burnout, adrenal fatigue. The symptoms around burnout are often insomnia, fragility, sensitivity to noise, anxiety, depression, sense of worthlessness. This can be a combination of the neurotransmitter imbalance, so the physiological changes, but also the meaning that we attach to the event and the meaning we attach to our lives after a traumatic event.

If Mom was busy with Dad, or had an affair and I witnessed it, or my pain wasn't acknowledged, then I'm not worth it. I have this meaning inside. I'm not worth it. I have low self esteem, and that's going to make me feel depressed, or suicidal, or anxious, or the world is unsafe. Because my parents might abandon me, I might get abused again. The environment is never stable.

Dad might beat me up, beat mom up. There might be violence in the family, the world feels unstable, so I've got to be vigilant. I train my mind to be anxious, and so it becomes chronic anxiety. I like to see anxiety almost as a fight against the future.

Rather than think I'm a victim and I have anxiety, I'm suffering, I look at, what future am I fighting against? Whenever I'm anxious, it gives me more power and more choice with my anxiety. It's a very powerful technique, and it's helped alleviate a lot of my own personal anxiety, because it's suppressed anger, because aggression gets you away from threat. But when we suppress aggression and we swallow the threat and we go into freeze, then we cycle through anxiety and depression, we collapse.

Meagen Gibson

Absolutely. I was just thinking about this whole thing this morning, before we even talked, and about how much energy we exert trying to not feel anything past the surface emotion. Whether it's anxiety or depression, we know that there's a bunch of stuff underneath that inherently. We know it even if we don't want to admit it to ourselves.

What we spend all the energy on is suppressing that. So we're avoiding, or we're medicating, or we're... All of our energy is spent trying to tamp that down, and for good reason. A lot of us, we don't have all of our time in our day to look inward and get curious.

I was thinking about a nurse in a hospital, and she's dealing with a patient that has an emergency, and she's feeling anxiety and overwhelm. She doesn't have time to be like, "I wonder why I feel such chronic anxiety and overwhelm." Well, she's got to do what she's got to do with the anxiety and channel it. All of it has a purpose.

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As you were speaking as well, I was thinking about how lots of people don't know that all of these chemicals and all of these neurotransmitters and all these hormones, we have them all in our body, even melatonin, which we can get in a gummy or a pill now.

We have melatonin. The problem isn't with not having it and needing it as a supplement, it's that it's dysregulated because of this dysregulation that you're talking about in our nervous system and getting kind of stuck in that hypervigilance.

Dr Ameet Aggarwal

Absolutely. It's getting stuck either because of a trauma that we think that's happened to us, or also because of ancestral trauma, something that's happened to our mom, our dad, our grandparents, or an uncle and aunt. And we're going to talk about how to heal those with healing sentences. My favorite thing to do. Using Family Constellations Therapy. We'll go through different examples of different family traumas, what happens in your ancestral lineage and what you can do about it as well.

Meagen Gibson

I want to circle back for a minute to this feeling of overwhelm. If you're at home and you're listening and you're like, "Yeah, this describes me, I have anxiety or depression or burnout, and I know it's from some sort of trauma. And I also feel a deep resistance to even opening that door, to even peeking in." I think that that's where a lot of the work that you do around homeopathy and things like that.

How do you begin to establish a sense of safety and support with people that you're working with so that they can then have the reserve to do some curious exploration in a place that feels safe and supported?

Dr Ameet Aggarwal

Thanks for that question. There's lots of answers and I'll start with the basics. First of all, in my online course, there's a beautiful emotional healing exercise and we'll go through it briefly. I get my clients to say, "It's safe for me to feel vulnerable from time to time." I always add the words "from time to time", or "sometimes" at the end of the sentence. "It's safe for me to feel pathetic from time to time." Because these are the feelings we're avoiding.

We're so pressured to feel good, or there's so many positive affirmations out there that don't allow us to feel our vulnerability. By saying these sentences, your nervous system lets go of the guarding. I promise you, most people don't collapse. That's the other thing we're afraid of, is collapsing and breaking down if we allow ourselves to feel.

If you say, "It's safe for me to feel tired from time to time" or "exhausted from time to time" or "pathetic from time to time", the words from time to time allow me to feel those feelings and let go of those feelings so I don't have to sit in misery I don't have to sit in vulnerability and I don't have to fall apart.

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You can find different sentences in the course there to support your nervous system. Also in the course, I cover lots of homeopathic remedies to stabilize the nervous system. There's some great remedies for burnout. Homeopathic remedies. Mostly in homeopathy we have the acid remedies, so sulfuric acid, phosphoric acid, picric acid. Those are excellent remedies for people who are really wired, but tired, so sensitive to noise, collapsing, crying often, maybe even insomnia due to burnout.

So if somebody thinks they have burnout, they're going to sleep often. That's one version. But a lot of people who are burnt out are wired because their nervous system just won't let go. Phosphoric acid is excellent for that. Kali phosphoricum is excellent for that as well.

Of course, we also do adrenal herbs, adaptogens, which are covered in the course as well. Something like ashwagandha, amazing for improving sleep, but also nourishing the adrenal glands. A lot of people think adaptogens are too stimulating and they'll keep you up at night, but ashwagandha does the opposite. It nourishes you, but calms your nervous system down.

If you're super burnt out and depressed during the day, then what I'll do is I'll give you rhodiola. Rhodiola is an amazing herb to energize your body but not stimulate your adrenal glands, but really nourish them as well, but keep you grounded. So that's how I stabilize people, a combination of healing sentences, homeopathy. There's also homeopathic remedies for healing trauma.

Depending on the type of trauma, then the course tells you which remedy to take. For example, if you've been betrayed and you're feeling anxious and crying a lot with a lump in your throat, then you're looking at ignatia amara, for example.

If you've failed in a business and you have sense of low self worth, guilt, suicidal thoughts, regret, resentment, then I might use aurum metallicum.

If you're traumatized where you've lost a loved one and you're withdrawn, resentful, don't trust people, that might be natrum muriaticum.

We're looking at the type of trauma somebody's had, as well as the emotional response and the symptoms after the trauma. Using a combination of that, then you can choose, or that your homeopath will choose the best remedy for you.

Meagen Gibson

Absolutely. I love this because so much of our resistance to trauma healing is because we can't stand the physiology of the feeling that we get in our bodies when we're trying to emotionally suppress, or put away what we're not dealing with. We feel it, our bodies feel it in our digestion, in our muscles, in the way that we carry ourselves, in our thoughts. All of it is impacted.

Getting us, quote/unquote, "Safely embodied again" or "Tamping down" or "Relieving some of that." Gosh, we could do... Well, we have done an entire conference on sleep, as a matter of fact. Something like cortisol, and we're talking about adrenal support for people at home that don't know, your adrenal glands are what secretes cortisol, from what I understand.

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And cortisol, we talk about it as being the stress hormone, but it does so much, it gets such a bad rap. Somewhere in the world, cortisol is like, "Hey man, that's not fair. Don't talk about me like that." Cortisol is responsible for waking you up. It rises in the morning so that you'll wake up. The reason that you can't sleep at night if you're under too high stress and adrenal fatigue, is because your cortisol is too high.

It's doing its job. It gets a bad rap, but it's doing its job. It's keeping you awake.

Dr Ameet Aggarwal

Protecting you, it's healing inflammation.

Meagen Gibson

Yeah, healing inflammation. Thank you for saying that. That's part of its job. Inflammation. Oh my gosh. I could again do another whole conference on just inflammation alone.

But getting inflammation down, getting all of these supportive things that our bodies have creatively and intelligently made over time to help us deal with stress and keep us safe. Our perceived sense of safety informs the way that they react and respond to our environment. We have to also... All of these things are working on our perceived sense of safety as well and helping us realize what our current situation is instead of our past or future situation.

Dr Ameet Aggarwal

Yeah, absolutely. And actually, Meagen, it's good you're mentioning resisting emotions because in the retreats that we do in Kenya and Italy, sometimes I'll actually get people to exaggerate the feelings they're afraid of.

Even me myself, if I'm feeling fear, I'm scared, I'll really cry and shake it out. I go into the fear, and I create body movements to embody the fear. Bizarrely or paradoxically, that actually discharges what I was avoiding, and then I get more grounded. I was like, "Oh my gosh, that's the state I was resisting and that's what I was living in." And I might combine that with, as I'm in fear, I might also hit out. Not at anybody else, I never hurt anyone. I'm not recommending anyone to hit anyone, but I might just hit out in the air or hit a mattress.

While in fear as well, so like feeling the flight and the fight at the same time. So that tricks my nervous system into success, really. Fighting and flying away or fleeing away. My body and my brain thinks, "Gosh, I'm making progress. I'm not frozen in that state that I was avoiding vulnerability in."

Meagen Gibson

Absolutely. I think of so many examples of what you're talking about, that kids are so good at following all of these instincts. And then we become adults and we feel, and it's true to an extent, that it's socially unacceptable to run out of a meeting when you're scared. But when you're a kid

and you get up in front of the class and you feel the fear, and it's meant to protect you, and you get this surge of adrenaline, you just follow it.

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You just run out the door into the hall and burst into tears. While that might be embarrassing for you and you have to deal with the aftermath of that, it also discharges something as well. Uses all the chemicals that are meant to protect you. But then when we get to be adults and we're in all of these situations where we experience overwhelm, or fear, or anxiety, or threat and it's not socially acceptable for us to use all of the things that are there to protect us.

If we run out of the grocery store screaming from overwhelm and cry outside the grocery store, somebody's going to call the authorities. All of these situations and all of this difficulty, especially if you have a trauma history builds up, doesn't it?

Dr Ameet Aggarwal

Completely. Even as children, there's so much conditioning that we go through in control. I grew up in a boarding school, and I hated it. I was so homesick and I was frozen. Suddenly I'm dumped into this school, and so I couldn't fight and cry to my parents because they would be like, "Just behave yourselves, be still." The teachers would get angry at me, and I couldn't flee as well because if I ran away from the school, then I would get in trouble from my caregivers, who are my parents, and also from teachers, the authority.

So in a way, fight or flee was denied. So I stayed small and frozen and sad and miserable. I literally couldn't play with anyone. I would just cry all day. That was my only compensation. And then slowly, by recognizing and forgiving myself for being frozen because we were like, "Why can't I fight? Why can't I get out of this depression?" And then I recognized, gosh, I was too small to do either of them. There's a forgiveness that comes along.

So really acknowledging the impact of social conditioning on your nervous system, acknowledging and forgiving yourself for being a victim or receiving or agreeing, going into agreement with social conditioning because my survival depended on it.

And to those listening, your survival might have depended on agreeing with social conditioning, agreeing with your parents, agreeing with the abuser because you needed to belong in that household.

Meagen Gibson

Or even just conforming to hierarchical structures of power, regardless of what they are.

Dr Ameet Aggarwal

Exactly. Because we need to belong to society or to the family. We go into agreement out of love or survival, and that creates dysfunction later on in our lives. And then people tell us, "Oh, that was wrong what that person did". "You shouldn't have done that". Then we're like, "Yeah, that was

wrong, but I didn't have the strength to beat them up or stand up for myself or prevent the abuse." Then we antagonize our own ability of coping.

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But I really want people to look differently at their life and their history and say, "I was trying to survive. I really acknowledge the part that froze and with love and forgiveness and gratitude for staying still long enough until I got myself, or until the situation changed." So please, I encourage you to really do the exercise when it's safe to feel this way, it's safe to feel frozen from time to time. It's safe to forgive myself from time to time. And also look at your past forgiveness.

Meagen Gibson

Absolutely. And that's how we build inner-trust as adults, is by acknowledging the ways in which we were disempowered or powerless or making the best choice available to us at the time and then in our current adult self, making harder choices to re-empower and re-establish safety within ourselves as the adult people that we are now.

Dr Ameet Aggarwal

Yeah. That's why therapy is painful sometimes because we're doing things that are against our survival intuition. It's safer to remain silent or go into agreement. The therapist will bring that up, but in a safe way. In the awareness of how you're doing that, you suddenly have a choice because, "Oh, I'm aware I'm pleasing people, I'm aware how necessary it is", but it brings up choice. And even making a choice to be different is difficult if you don't have enough resources in the therapy session to support that new choice. Because we always assume we'll get hit again, or abused again, or lose someone again.

Meagen Gibson

Absolutely. I want to talk for a minute about... We've been talking about examples where we have a very clear sense of what happened to us and why. But a lot of times people may not have an idea of what occurred. Either because they don't have any memory of it, because our brains are very smart and suppress things that are very hurtful and damaging for us, that are too big for us to handle.

Or it could be because it's one of these cases of ancestral trauma like you were describing before. I would love for you to describe to people what ancestral trauma is and why it's something that they should be curious about if they're in one of those situations where they're like "I'm not quite sure, but I just feel this way that I can't identify and I don't have a thing that I can pinpoint."

Dr Ameet Aggarwal

Nice question. Ancestral trauma is really living within us. We inherit trauma from ancestors. Ancestors include grandparents, uncles, aunts, or our parents, of course, as well, siblings, and also things that happened to people connected to our family. So if my grandfather murdered someone in the war, then I become entangled with that victim as well. It's not only what happens to my family members, but also surrounding people.

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There's a therapy called Family Constellations Therapy, which I train people in, and we run retreats on it, that helps heal these entanglements or ancestral traumas using healing sentences. We'll go through a few examples.

But why do we receive ancestral trauma? Often, it's because of a need to belong. If my mom was abused by my dad and my mom is sad, then my way of attaching to mom or protecting her would be to join her in misery, or reject my father. I'm rejecting my father thinking it's going to help my mother.

Or I'll be sad along with my mother with the imagination that this is going to rescue her or protect her. Even some of you who are hearing these words, you might realize this doesn't necessarily protect her. But as children, we think by joining our parents, or doing something on behalf, we are solving their issue. That's loyalty and that's love. It's natural for us to do so.

A healing sentence could be, "Dear Mom, I see how much you've suffered, and out of love I'm joining you and it might hurt me or it might create separation between us, if I begin to feel what are my feelings, and what are your feelings in this situation. I might have to take back my own position in what happened, at the risk of losing our attachment."

And the risk of losing an attachment to a mother is huge. We don't do that naturally. But these healing sentences bring awareness to the attachment, and the awareness of the attachment and the awareness of the possibilities that your mother has in, basically, growing up or resolving her own issues, gives your nervous system a sense of freedom and awareness that, "Oh gosh, I don't have to carry the pain of my mom."

And I often see people who reject one parent, like the aggressive parent or protect the other parent, they get immune system issues, they get anxiety, they get depression, they go into co-dependent relationships because they associate love with protection, or doing things for someone all the time and they don't really receive anything back.

Maybe my mom was too depressed to look after me, but I know I have to take care of her all the time. So my sense of security with a partner becomes, "As long as I do a lot for you, you will stay with me because this is my memory of family bonding, love and attachment". But it doesn't create happiness for people's lives.

Or if you're feeling excluded, "Why do I feel so separate from my family? Why do I feel so separate from society?" You are carrying the sense of exclusion that belongs to either an aborted child in your family, a miscarried child, or somebody who has been forgotten or not acknowledged. It could be somebody who was murdered, an alcoholic, a criminal, or a victim of war that was not acknowledged as well. They don't have to belong in your family. They could be a victim of one of your family members.

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So aborted and miscarried children, this is one of the most common scenarios that come into the retreats, or into my practice. A healing sentence could be, "Dear Mom and Dad, please look at me as the second child", (or the third child, not the first child). "This child came before me." If there was a child that came before you, "Give me my place back. I'm the second in this family. Please look at me with love and respect. If I look upon this sibling, this missing sibling, with love and respect as well." So you're including that child.

Meagen Gibson

Sorry to interrupt you, but I just want to be clear. I'm listening for people at home and I want to make sure that they understand that when you're talking about these healing sentences, you're not talking about actually calling your mom and dad and saying, I want to make sure that that's abundantly clear. These healing sentences, if you felt safe, you could obviously say this to the family member or the person that you're talking about. But really, this is an inside job. This is something you're saying to yourself, right?

Dr Ameet Aggarwal

Yes. So I explain all that in the course as well, you can actually have an object or representative, like a friend, or you can just say it out loud while imagining the person there. And of course, if you say it to the person who's involved directly, it has more power in some cases, but sometimes the person you're saying it to might not be ready to receive that sentence.

So we do it energetically, either in the retreats or in the course. While you're doing the course, you can say it energetically to an object, and your nervous system will feel a huge sense of relief. Especially when you find your correct position in the family. If you've had a missing child, we call it missing children whether they've ordered or miscarried. And you can say, "Dear sibling, I've missed you a lot."

So that's one of the first orders. So in Family Constellations Therapy, we look at Orders of Love, and what needs to be healed. There's three Orders of Love that often get disrupted and that create either anxiety, depression, physical chronic illnesses, and other life problems. Whether it's money issues, relationship issues, often stems from a breaking of three orders of love.

The first order is the order of belonging. Everyone needs to be acknowledged and belong in the system. So acknowledging that child, "Dear sibling, I've missed you a lot. I give you a place in my heart. You came before me" or "Please look at me with love, because I survived and you didn't."

People who have a strange sense of guilt all the time, often comes because they're the survivor and somebody else didn't. You might even have a twin that died in the womb that you don't know about. If your parents didn't think they had a miscarriage or an abortion, there's a possibility that there's a twin that passed away because they get absorbed in the womb as well.

So these healing sentences are acknowledging these people existed. My dad's first lover, "Dear Auntie" or "Dear Miss whoever, I give you a place in my father's life or in my heart. You came before my mom. And I see that my dad loved you." Because when you acknowledge that woman and you

give her a place and acknowledge your father's love for her, then you include all parts of your father.

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Because we're rejecting parts of our parents all the time. We don't like this about them, that about them. And in a way, they gave us life, so we end up rejecting that which gives us life, so we end up rejecting parts of our own life force. Try it out. Try it out. When my dad is annoying me, I'll often bow down and say, "Dear Dad, I take in all parts of you." It's not that I'm agreeing with what he did.

If you have abusive parents, you don't have to agree that what they're doing is right. You can say, "Look, it's painful for me to watch and I see this is your story. Maybe you're trying your best." Even that sentence, "Maybe you're trying your best" gives a huge relief to your nervous system because sometimes we take the burden of trying to solve our parents habits and behaviors.

Which takes me into the second Order of Love that gets disrupted, the Order of Hierarchy. That which came first has priority. So in a way, our parents are before us. In traditional Chinese culture, for example, it's called filial piety. We bow down and honor our parents. In many cultures, actually, we have that. We don't try to rescue them or protect them.

So if Mom is suffering, we might become the parent to Mom. We might rescue her. I'm not saying ignore your parents and leave them to die or suffer, but recognize that maybe it's temporary. And then we need to let go of that role. Say, "Dear Mom, even if it costs me my happiness, I will always protect you and be by your side." And then you recognize what you're doing, and maybe Mom is okay now. Or she doesn't need you to sacrifice your entire life for her to feel safe.

You'll get this awareness while you're doing these healing sentences which will give a huge sense of relief to your anxiety, depression, nervous system burnout. Because when you're doing these entanglements, you're burning out your nervous system.

Then the third Order of Love, which often gets disrupted, is the balance of giving and taking. In relationships, often where one is receiving a lot, but it's good to exchange when you receive, give back, or give back a bit more than the other person gives back a bit more. That deepens relationships quite a bit. But many times in relationships, one person is the giver, maybe out of codependence habits from their childhood.

If one person is giving too much, the receiver can actually sabotage the relationship because many people who receive too much, they feel guilty about receiving too much. This is too much. I often see affairs happening paradoxically when I'm given too much. When somebody's received too much, they look outwards. Then I need more balance in my life. I need an equal partner rather than somebody who makes me small and is always feeding me like a mother, for example.

Or when our parents give us, then our duty energetically, according to the Orders of Love, is either to then create a child, or to give to charity, or to do something good in this world to pass on that gift of life. When these are disrupted, these Orders of Love, we have healing sentences for them. We can correct them. And if we don't do the healing sentences, one might stay in a sense of anxiety, depression, and chronic illnesses.

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I've seen chronic pain disappear just by using a healing sentence of acknowledging that, "Dear Mom, I don't need to carry your pain of losing this child, this aborted or miscarried child, anymore. I give you back the suffering of losing your child. I have my own pain for my missing sibling. I love this child very much. I love you very much. Please forgive me if I don't assume that I have to join you in this. I know you have your own way of healing this or dealing with this."

So of course, there's no cookie cutter sentence, right? In the course on Family Constellations. I give you examples, many examples you can experiment with. And at the retreats, of course, I'll feel energetically what is more relevant to your situation? Basically intuitively, I channel the right sentence for your heart and for your nervous system.

Meagen Gibson

Something I'm wondering, in listening to these three types, is in situations where there's multiple siblings and maybe nobody was lost, or aborted, or adopted out, or anything like that. Everybody is in the order in which they came. But something I hear a lot from people is that each sibling had a different parent, right? Meaning that their relationship was completely unique and unrelated to the sibling's relationship to the parents, that they parented each child differently. And then, of course, every kid is different.

As a mother now, I can tell you I parent both of my kids differently. I do. Their relationship with me is different as well. But sometimes in more unstable environments, that can be very confusing because you don't have a shared reality of what your childhood was like. Is this a form of ancestral trauma that's still alive? And what's an example of healing sentences that you can do around that?

Dr Ameet Aggarwal

I'm getting tingles now. This is good. One of the most powerful sentences you can say to a parent is, or to your mom or dad, "For what you could give me, I truly thank you." For what you could give me, rather than ruminating on what you didn't receive, "What you could give me" that will settle something. Or you can say, "Dear sibling, your needs were different from mine. I see that now. Mom saw your needs and I see your needs as well. I had different needs and Mom saw my needs. Please forgive me and look at me with love if Mom saw my needs. You cannot assume that Mom didn't see your needs".

You have to go slow with these sentences. You can start with this, "Please forgive me, Mom saw my needs." When you say that, the next sentence will come up slowly if you slow things down. So those are healing senses as well, because it is a form of trauma, not feeling acknowledged.

What I often find is the child, going back to a typical example, if Dad had the affair, or Dad left a woman and fell in love with Mom, the child often, if it's the daughter might be loyal to the rejected lover and the daughter might often be angry with Dad, and I might be fine with dad. Our reality is different as well.

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It could be because of, also, an entanglement that I have, or my sibling has with an ex-lover or something else that Dad did, or that Mom did. So then again, we use a different healing sentence. The daughter could say to the father, "Dear Dad, or Dear ex-lover, you were with my dad before I came along. My dad chose my mom. Please look at me with love. If I belong to my mom and I'm the offspring of my mom, and I leave with you your pain with Dad. This belongs to the adults. I'm the little one."

That's the Order of Hierarchy now. And you're giving respect, you're allowing the big ones to be the big ones, and you're remaining the child. "Please bless me if I leave this with the two of you now."

"Dear Dad, you left someone, that anger belongs to her. Please forgive me and please let me take you in as my dad again". That's a very powerful healing sentence you can use as well to a parent if you've been rejecting them for a while, "Please forgive me" or "Please let me take you in as Dad." Or if parents are angry with each other, you can say to one parent, "Please forgive me if I also look at Dad equally or if I look at dad with love as well."

Because we're loyal, often, to the hurt parent and we think we shouldn't look at Dad or Mom with love. And that creates a dysregulation in our nervous system, that loyalty, that split loyalty.

Meagen Gibson

Absolutely.

Dr Ameet Aggarwal

It's really difficult for me to choose. You can even say that. That is a very strong sentence. One can say, "It's really difficult for me to choose." So there's small, small examples like this in the course on Family Constellations that I have that will prep you to go deeper and find the right sentence for your particular situation.

Meagen Gibson

I can tell from experience because I recently did a version of this, thanks to you, with some people in my life, and was able to say out loud to the person after having done this work kind of internally, "I'm having struggles with this person. But I realize that you have a different relationship with that person that is separate from me, and I have a relationship to you that is separate from them. I'm going to release you from thinking you need to fix this relationship. This is ours to fix, and both of us will need to put energy into fixing it. And I want to do what we can to preserve our relationship. And I'm not going to judge you for your relationship with that other person that's yours."

Everybody gets to take responsibility for their own stuff. And I think so much in families, we just kind of say the platitude of, but they're your family, and that's supposed to swipe and smooth everything over. I found that that just further clenches us down. It makes us feel more shame and more disregard for the reality.

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But when we can call it what it is, which is a little bit complicated but also honor these are the choices I'm making. Here's where I begin and you end, and I'm not taking responsibility for anything that's not mine anymore. It's really releasing and freeing.

Dr Ameet Aggarwal

Thank you, Meagen, for being so authentic and vulnerable right now. I really appreciate that it sheds a lot of light onto the dynamics and what's possible. This is not made up stuff, it really works. Really works.

Meagen Gibson

Yeah. And that's why I shared, is because for people who haven't done any of this work, it can feel very like, "I don't know, man." I can hear people's doubts, and I just want to share, it actually works. If you dig into it, it works.

And it doesn't have to be... And like I said, you can take it in small steps, and like you said, really slow down and take it in very small increments and give yourself some time to get to the depth and give yourself some time to practice, so that if the opportunity arises where you can actually communicate to the person in your life that you've been kind of working with in the background, to the object, if you will, that it feels at home in yourself, regardless of how they receive it.

Dr Ameet Aggarwal

Yeah. And I encourage people to ask questions, if it feels safe to ask questions to your parents, were they ex-lovers? Were they miscarried or aborted children? And see how you feel in your nervous system, or if you have unexplained feelings, like therapy is not working, then do the course, come to a retreat and really see for yourself. When you use these healing sentences, does something shift subtly in your body? And if it does, then you're on the path for deeper healing.

Meagen Gibson

Absolutely. Well, now is a good time for you to tell people how they can find out more about you, and your work, and your retreats and the course.

Dr Ameet Aggarwal

So there's a Family Constellations course as well as a full course on healing the gut, the liver, the adrenals and trauma with homeopathy herbs and holistic medicine. All this is on www.DrAmeet.com. I also do retreats in Kenya and Italy. I might be doing one in Redwood Forest in The States as well, and also trainings, if anyone's interested in in-person trainings. And if you have a large group, just call me up and we'll organize one for you. They're powerful, they're immersive, they're experiential. There's also free videos you can start with on my website as well, in case you just want to taste a few of these healing sentences, then you're welcome to try those as well.

[00:41:35] Meagen Gibson

Thank you again so much for being with us today.

Dr Ameet Aggarwal

Thank you, everyone. Lots of love.