



## Conscious Life presents

### Impact of Family Trauma on Emotional Wellbeing

Guest - Dr Ameet Aggarwal

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#### **[00:00:07] Meagen Gibson**

Welcome to this interview. I'm Meagen Gibson, your conference co-host. Today, I'm speaking with Dr Ameet Aggarwal. He's helped thousands of people around the world heal from trauma, anxiety, depression, and chronic disease by combining naturopathic and functional medicine, Gestalt therapy, Family Constellations therapy, EMDR, and homeopathy. Dr Ameet, thank you so much for being with us today.

#### **Dr Ameet Aggarwal**

Thank you, Meagen. Super excited to talk about family trauma, trauma in our family, how that creates trauma within us, homeopathic remedies for trauma, and healing sentences using Family Constellation therapy to really disentangle us from our mom's abuse, dad's abuse, abortions, miscarriages, war crimes, all that stuff that's carried in our family.

#### **Meagen Gibson**

Why don't you tell us first, what exactly is family trauma and why is it so important to heal it?

#### **Dr Ameet Aggarwal**

So family trauma goes from the obvious, like sexual abuse, physical abuse, emotional abuse, etc to the unobvious or hidden traumas, like I like to call them.

So for example, if mom is cheated on by your father or abused by your father, we as children have a certain tendency to be loyal to the weaker parents. And that loyalty then makes us basically protect our mom or overprotect our mom and preoccupies our mind, and we reject our father.

But not only do we reject our father, we get busy carrying the burdens of our parents, which often makes us depressed and unavailable to other relationships. So it's a hidden form of trauma, what we're doing out of love.

**[00:01:49]**

Another form of trauma I've seen is, let's say there's a miscarriage or abortion in the family, and we don't know about it. And mom is super sad from losing this child. As you grow up, you will subconsciously be connected to mom's sadness.

We see this all the time in Family Constellations therapy. And this connection, out of loyalty and love, grows inside of us. And without knowing it, we're sad or depressed in order to carry the pain, the love, the hidden sadness of our parents. And we don't know why we have this sadness in our system.

These are the kinds of family traumas that we look at in Family Constellations therapy, and I'll talk about other hidden traumas that I've seen. And why it's so important to heal them, is because these are often the root cause of mental health issues as well as physical health issues.

And people go for psychotherapy, homeopathy, different forms of therapies, and even supplements all the time, trying to fix their physical or mental health issues without realizing that the root cause is because there's an unhealed trauma in the family system.

Whether it's a miscarriage, abortion, your grandparents died in the war, or your father's missing a lost brother and is unavailable to your mother. That happens often.

A dead member of the family, one of your parents, takes up the consciousness or the energy of that parent. And the other parent feels unseen or unrecognized and in an unhappy relationship.

And you, as the child, are trying to fix the rift between your parents. And you feel stressed and you feel not good enough because you couldn't solve your parents' problems. But the trauma is actually coming from a missing child or an early death in one of your parents' families.

And until you heal that early death and the grief of one of your parents, you will remain traumatized subconsciously, always trying to solve a hidden problem without knowing what it is. And this is what we're in for today, hidden traumas in the family system.

### **Meagen Gibson**

It's interesting because as you speak, I know that you do retreats with people, so you watch them walk through this process. For anybody who is listening and they're unaware of possible hidden family traumas, and might be in disbelief that there might be some things that they're carrying.

What would you tell people about how that experience unfolds for others who you've seen go through it before? Where I imagine everything just clicks into place where everything makes sense in a way it didn't before.

It doesn't necessarily resolve anything, but it's like this thing that I could never put my finger on. Now that I have an understanding about what happened or something's been revealed or I had a conversation with a family member that I learned something I didn't know before. What happens to those people when they discover that?

**[00:04:52] Dr Ameet Aggarwal**

Every person has enough information to work at a retreat. At a retreat, I get representatives, people in the group to represent family members. We do this through Family Constellations therapy, and they also represent the issue you're suffering with.

So they'll represent anxiety, depression, cancer, whatever it is. Then I'll watch the different representatives, and I'll see the cancer is actually looking towards the mom representative. So I know your cancer is related to your mom's struggles or pain or something like that.

And that gives me information about what healing sentences you need to resolve your personal issues. But what I also do at the retreats is I'll ask you your family history, all of it. And you might not think certain things are significant.

And I have a certain set of questions that you will go through. I'll ask you about parents, ex-lovers or affairs in your family. I'll ask about early deaths in the family system, either in your family, your extended family, your parents' family.

I'll ask about wars. Did your grandparents experience any war? And the most important thing that most people are affected by are miscarriages and abortions. We often think they're not a big deal.

And in fact, before you come for the retreat, I will give you a very special questionnaire where you ask all your family members as much information as possible.

When you arrive at the retreat and it's your time for your session, I walk you through your family history and show you how all these hidden traumas are being carried by your nervous system.

And I explain why, let's say, for example, the early death of your father's brother took his heart or took his mind in a certain direction. And maybe your mom then felt she cannot get enough of your father or your father was not really present. He's always working.

But that always working is actually your father being drawn to solve the early death of his brother. And now you and your mom are stuck in a family where dad feels absent, and you end up taking care of mom or protecting mom.

That creates a certain responsibility in you. And you might experience loneliness in your life because you're not fully available to your own life or a healthy relationship. And so we resolve these things with beautiful healing sentences or what we call Family Constellations therapy.

Other examples I've seen thousands of times is abortions and miscarriages. Many people think they're not a big deal. And at the retreats, we get you to connect with these children, with these missing children, either your own miscarriages or abortions, or your parents' miscarriages or abortions.

And these children are your siblings. When you connect with your siblings who are missing, you get an experience of what your true place is in the family. And I've seen anxiety, depression, suicidal thoughts, really feeling like a zombie, or chronic fatigue resolved just by acknowledging an aborted or miscarried child.

**[00:07:57]**

And if it's your own child, I've seen people's chronic pain, back pain, shoulder pain, grief, anxiety, nightmares resolve, change, shift. Just by gently acknowledging or recognizing the love, the hidden love, even though you might not feel it in your mind, the hidden love that exists between a parent and a missing child.

And this gives you a sense of completion. This gives you a sense of, okay, everything is clicking and falling into place. And when everything falls into place, finally, you're set free. You can say, "Oh, gosh, I can breathe now. I can live my life fully and include these people in my heart."

### **Meagen Gibson**

As you're talking, I'm wondering if somebody does not have access to their family history, either because they're not communicating with their parents, their parents have passed, they're in an adopted family, right? There are a lot of factors that could contribute to why you can't get those facts. How does Family Constellations therapy deal with that kind of a situation?

### **Dr Ameet Aggarwal**

I use a very gentle method of Family Constellations therapy combined with Gestalt therapy. We totally respect where you're at, first of all, in your knowledge and in your awareness and in your consciousness.

I also use representatives, so people actually channel or connect with your family members. The behavior of the representatives gives me enough information to see the dynamics in your family system.

For example, if you're adopted, I might set up your adopting parents as well as your biological parents, and I'll notice the behavior. And even if you've never met your biological parents, there is a bond.

And we acknowledge the bond and we honor that bond. And some people don't want to honor their biological bond because it feels like they might be betraying their adopting parents.

So we have special sentences to help really gain permission from your adopting parents and really honor both sides of the family. Very, very important for your health to do that.

And sometimes we might not know if there was an aborted or miscarried child in the family system, but I'll see the representatives maybe looking down at the floor or the mom grieving a lot. And when I add in a representative for a missing child, everything relaxes in the system.

You feel relief, your mom feels relief, and we know, okay, there's something there. But I never force something at a constellation.

We gently experiment with healing sentences and see what happens to your nervous system as you say those sentences of acknowledging a sibling or letting go of your mom's grief. What changes in your body?

**[00:10:33]**

And if you feel relief and something else clicks, we know we're on the right track. But we don't have to know all the information for something to work for you, for a constellation to work for you. So everything is done gently with respect to your awareness, with respect to secrets in the family system.

So we cannot force a secret to be known. And when you respect a secret, we respect the family system, deeper transformation happens. Whenever you go to a constellation session where they force things to happen, there's a jarring effect, and things don't really transform. In fact, it creates more issues for some people.

### **Meagen Gibson**

I can imagine more tension, more protection, more like all those parts of us that have been holding together secrets or truths we don't want to know and things like that. I could see everything getting more locked up if we're not super gentle about it.

You mentioned this representative system, and I know you also use healing sentences. For anybody who's never heard of that before, because it's one of my favorite parts of talking to you, these examples of healing sentences. And I've collected them over the years that I use from time to time. Ironically, I just said that.

I would love it if you could give everybody some examples of what these healing sentences might sound like and why they're so transformative.

### **Dr Ameet Aggarwal**

Okay, so I'm going to pick a few case examples and see where we go with this. Let's start with abortions and miscarriages because they're most common. If your parents have had a miscarriage or abortion, it's important to recognize the sibling and find your true place.

So many of us believe we're the first child or the second child, but there's other children either before us or after us. So one of my favorite healing sentences, and each person is different because the energy is different in the room, but I'll give you a blanket example.

The healing sentence could sound like this. "Dear Mom, dear Dad, please forgive me if I look at this child. This is my sibling. I'm still your child, and I want to give this sibling, this child, a place in the family or in my heart."

And then I can say... Ask the client to say, "Dear sibling, you exist. I honor you. I acknowledge where you are, or I acknowledge you."

And if the sibling came before, you can say, "You came first. I came after you."

And then I switch. I say, "Dear Mom, dear Dad." I get the client to say, "Dear Mom, dear Dad, I see this child before me. Please give me a place in your heart as a second child. This feels better for me. This is where I belong."

**[00:13:09]**

And some of you can feel this, the energy of that. Because we are loyal to our parents' perception, our parents' way of life. So I often get the client to say, "Please forgive me or please bless me, as I take on this new perception, this new way of being."

And then the parent... You might imagine your parent or the representative for the parent might say, "Yes, that's okay."

And when you feel the permission, you relax, and then you can fully embrace this missing child. And then your heart feels more complete. And there's more joy. I've seen so many people feel a lot more joy when they include all their siblings that are missing in the family system.

If it's your own child, miscarried or aborted, there's sentences we use. It could be like, "Dear child of mine. I'm sorry you couldn't stay. I miss you or I love you."

And some people resist saying, "I love you" to an aborted child. But when you're patient enough and you give the nervous system a chance to just experience a bit of the connection between you and that missing child, that aborted child, or even the miscarried child, something opens up and you feel this deep, deep rush of love or connection coming in, and you surrender.

Or when you surrender, there's peace. There's an overwhelm of emotions, but eventually there's peace. So in my last retreat in Sardinia, one client, she just held her aborted children. And this was like 30 years ago. 30 years of chronic shoulder pain between her shoulder blades disappeared within half an hour. Unbelievable.

Another client, this was also in Sardinia. She was the sibling of an aborted child. And she would wake up with a feeling of zombie and just fatigue and just strange rage. She couldn't understand why. And so we got her to say healing sentences to this child, to this missing sibling.

So in a way, she was representing or trying to protect this aborted child, and she was feeling the death or the drugging of this child. The next morning, 80% reduction in her sense of overwhelm and fatigue and that zombie feeling. This is the power of Family Constellations therapy.

I want to give more healing sentences for different things. I had a client with cancer, and her cancer came after her dad cheated on her mom, and she was shocked by the affair. And she was carrying the grief and the resentment of her mother. So in a way, she was rejecting her father, but also more out of love for her mom and carrying her mom's rejection.

So I got her to bow to her mom and say, "Dear Mom, I feel your grief, and I carry your grief with you, no matter what it costs me." And she felt a strange awareness of the difference between her grief and her sadness, and her mom's sadness.

When we saw that she was aware of the difference, I got her to say, "Dear Mom, please forgive me. Your grief belongs to you. I have my own pain and my own feelings about what happened."

**[00:16:27]**

Boom. Right there and then, she got a distinction between what is her emotion and what her mother could finally carry. Sometimes we don't trust, or we think we're betraying our parents by giving them back their grief.

So I got her to say, "Dear Mom, please forgive me. A better way of respecting you is to see you. You are the big one. I'm only the child. And please forgive me if I turn towards Father or embrace Father one day." So I don't make it definite. I just say, "One day in the future."

And that opened up her heart. And she could feel her system relaxing. She could feel that her mother would also relax and not want her to resent or completely reject her father her whole life. Then I got her to...

And your parents don't have to be there. We use representatives or I use energy in the room. It all works. I got her to imagine turning to her father and saying, "Dear Dad, what you did was shocking for me. And please forgive me. I only want to protect mom. And it's costing me my life to reject you, to continue rejecting you."

Boom. Right there, she got an awareness of the trouble she was in with the cancer and etc. by continuing this turmoil in her heart. Believe it or not, within a few months, tumor markers dropped from above 4,000 or 5,000 to manageable. Now she's drug-free. Without chemotherapy, without any drugs, she's cancer-free.

I'm not promising that we cure all cases of cancer, but a lot of cancer that has something to do with emotional conflicts. So at the retreats, I encourage people with anxiety, depression, mental illness, or any other chronic diseases to also look at the conflicts in the family system to set your nervous system and your immune system a bit free so you can overcome certain things.

Now, again, I don't promise that we're curing things at these retreats. But we're giving you a better chance of healing by releasing emotional entanglements that are eating up at your nervous system. They're using up energy. They're creating physiological conflict as you remain with this conflict because of a family trauma. It's really important to heal family trauma if you want to really fully heal deeper.

### **Meagen Gibson**

Yeah, as you were speaking, I was just thinking, "Energy. Energy." We're redistributing energy from these things that are eating away at it and pulling at it and putting it where it really is most needed, which is our healing.

I know you also use homeopathy a lot in conjunction with these methodologies. I'd love it if you could tell us what the role of that is to you in both health issues, but mental health issues, depression, anxiety, trauma, things like that.

**[00:19:12] Dr Ameet Aggarwal**

Homeopathy is a form of energetic medicine. It's made by diluting substances from nature, whether it's plant, minerals, animal byproducts, etc. We dilute it so many times, so it passes what we call Avogadro's number.

When that happens, there's no molecule left in the final substance, in the homeopathic remedy. But the memory or the energy of the substance is in that pill or that liquid. And so it works at a frequency level or energetic level.

Why is this important, Meagen? Because when we're traumatized or when we're anxious or depressed, we're vibrating at a different frequency than our healthy frequency. And counseling, talk therapy, Gestalt therapy, EMDR, Family Constellations, they release that negative frequency and get us to reset and vibrate at a healthier frequency.

The beauty of homeopathy is because it's frequency medicine, we can select remedies, homeopathic remedies, frequency remedies that resonate or vibrate at a similar frequency of your disease frequency or the trauma frequency.

And there's ways to do that. I describe that in the online course, in my online course, but I'll teach that to you right now. But the important thing is when we use a frequency medicine to match the frequency, the disease frequency you're at...

So your anxiety has a certain frequency. Your response to trauma has a certain frequency. Other diseases are at certain frequencies. So when you use a frequency remedy and you match two frequencies, they cancel each other out. And the healing goes much deeper.

Because why? Because, psychotherapy and other therapies, they rely on sentence by sentence healing. Layer by layer. But with homeopathy, we are matching your entire frequency state. And so many unhealthy frequencies get released from your body.

So the healing goes much deeper and you're freer of disease much faster. That's the beauty of your homeopathy. So in my online course, I cover remedies for anxiety, depression, and certain kinds of trauma.

For example, if you're traumatized from, let's say, a car accident, right? I had a patient like that, actually. She lost her sister. The sister was 12 years old. She lost her sister in a car accident. Her sister was on her right side.

Many years later, my client developed seizures. She was trying to save her sister but could not. So guess what? Her seizures were on her right side. Her hands and legs would tremor at night on going to sleep. So using Constellations therapy, one, we said some healing sentences.

That very night, her seizures reduced by about 50 to 80%. No medication. Then I looked at homeopathic remedies for her. And I looked at homeopathic remedies for shock and trauma, as well as from ailments or sicknesses after an accident.



**[00:22:20]**

One of the remedies was opium, and there were others like ignatia, natrum muriaticum, etc. I looked further and looked at her symptoms. So I looked for remedies that had seizures that start upon going to sleep. Again, some of the remedies were opium and other remedies. The most common remedy was homeopathic opium.

Now, why is this important? Because opium covers ailments or sicknesses after accidents, experiences from shock and trauma, and tremors. So this remedy covered her entire picture, all her symptoms. And because it covered her entire picture and her experience and the shock she went through, opium was the remedy of choice.

And now she hardly uses medication, no medication. I think she's actually off medication. She had the deepest transformation with homeopathic opium because it went really deep to the core of her trauma and the symptoms she was manifesting.

Ignatia is another beautiful homeopathic remedy I often use for people who have gone through betrayals, breakups, etc. where they're tearful, they have a sense of lump in their throat, they're anxious, and they feel betrayed, or loss of a loved one.

Natrum muriaticum is another beautiful remedy, a homeopathic remedy. If somebody's gone through some loss or grief or loss of a loved one, but they're not feeling so anxious, they're feeling more depressed, withdrawn, maybe resentful, maybe crying a lot when they hear sad music, etc. They're more emotional in that way.

Pulsatilla, another amazing remedy. And this time, the picture of pulsatilla is somebody who is tearful, needy, needs a lot of attention, needs a lot of comfort.

So you can see why homeopathy is so powerful and is better than just doing therapy alone or herbs alone, is because it matches the entire picture of a person, creates deeper transformation at an energetic level, and frees the body, the nervous system, and the mind from energies or frequencies that are harming your system.

So you always want to combine homeopathy with psychotherapy, trauma work, constellation work, as well as herbs and supplements. Because when you transform the way the body is processing energy and the body is just processing your metabolism, your body actually ends up using herbs and supplements much more effectively.

In my online course, I also cover a lot of remedies for liver detox, homeopathic remedies for liver detox, because a lot of people are taking gut healing supplements and liver supplements, etc. but those are quite forceful. It can be forceful. And the body might not be ready to process them efficiently.

When you add these homeopathic remedies that I talk about in the course, then the liver changes, the liver transforms, and is able to transform these herbal remedies in a much more effective way. You get more bang for your buck from any supplement when you include homeopathy in your protocols.

**[00:25:23] Meagen Gibson**

Very interesting. I'm hearing, yeah... My liver needs to be healthy and high functioning in order to actually digest and properly use to its best ability all of this support that I want to give it.

Again, going back to just energy. You're saying homeopathy is energy medicine, and we're trying to get and reclaim the energy back from all these things that are drawing our energy away from the things that not only are our purpose in life. And the things that we want to contribute to the world, but the way that we want to feel while we're in it, is what I'm really hearing, right?

**Dr Ameet Aggarwal**

Absolutely. Absolutely. We're so exhausted and preoccupied with unhealed trauma, unresolved trauma that's eating away at our nervous system. Even if you think you had a normal childhood, I bet there's something that happened to you, whether it's in childhood or adulthood, that is affecting your nervous system and your energy levels.

You might have a tight jaw, you might have insomnia, you might have restless sleep, or you might have certain eating habits that you don't know where they come from. Most of these things are coming from something that's unresolved.

And so when you begin to resolve them, and you look at hidden family traumas, like we do at the retreats. Your nervous system is completely free. You get so much more energy back. Your whole muscle system relaxes.

I've seen chronic pain resolve within half an hour. Frozen shoulder resolves within an hour. And these are people who've had them for 30 years. They've done physiotherapy, acupuncture, homeopathy, etc.

But they didn't look at the miscarried or aborted child. They didn't look at the grief they were carrying on behalf of their mother or their father. They didn't look at the uncle who lost his mind and almost killed himself in jail or the grandfather who did that after the war.

So I've had clients with parents, grandparents who were prisoners of war. They either committed suicide, they lost their minds, etc. These traumas are passed down through generations, and people are walking around with this inherited trauma.

And the science of epigenetics... If somebody doesn't believe this, the science of epigenetics shows that we actually inherit trauma from our ancestors. You can read up about it.

And there's lots of videos on my website that show you how all this works together, how to combine homeopathy, naturopathic medicine, and Family Constellations therapy to set yourself free more completely.

**Meagen Gibson**

I know that you mentioned your retreats and you've got an online course, so how can people find out more about that stuff and you?

**[00:27:50] Dr Ameet Aggarwal**

There's free videos and masterclasses on how to combine all these therapies and how to work with anxiety, depression, trauma, etc. on my website, which is [drameet.com](http://drameet.com), D-R-A-M-E-E-T. Com.

There's buttons for retreats. There's buttons for online courses, free videos, there's a homeopathy course, there's a Family Constellation course. But make sure you come to some of these retreats because they give you much deeper healing than normal therapy. So I highly encourage you.

And they're in beautiful locations: Sardinia, Greece, Kenya. We combine them with safaris or beach time. There might be some in Costa Rica or Mexico soon. So just sign up there and you'll be updated on different retreats that are happening soon. Fantastic.

**Meagen Gibson**

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

**Dr Ameet Aggarwal**

Thank you very much, everyone. Thanks for listening. I really wish you a pleasant and gentle journey in your healing. Don't force yourself or criticize yourself for not doing enough. Be patient with yourself, and I promise you something will open up in your heart, and you let go of an unhealed trauma much more easily.

**Meagen Gibson**

Wise words. Thanks again.

**Dr Ameet Aggarwal**

Lots of love. Thanks.