

DR. AMEET AGGARWAL

Healing Emotional Wounds with Awareness Practices & Homeopathy

Jason Prall:

Hello, and welcome to the Master Class for Awaken the Healer Within. I'm so blessed to have Dr. Ameet Aggarwal here to share some of his amazing knowledge and therapies that you can apply. So, welcome Dr. Ameet.

Dr. Ameet Aggarwal:

Thank you, thank you. We're going to dwell into a beautiful emotional healing exercise today, and some of my favorite remedies to heal shock and trauma and emotions that you might be holding onto, or are still unresolved in your nervous system.

Jason Prall:

Hmm, beautiful. Well, let's start with the homeopathy and how that can be applied. So, just give me just a quick little narrative on, what homeopathy is? How it works, in the context that you're going to provide?

Dr. Ameet Aggarwal:

So, homeopathy is this beautiful form of medicine developed by Samuel Hahnemann in Germany. Where he noticed that, if you give a toxic substance to someone, if you give any substance to someone in toxic amounts, or large amounts, it will create symptoms in that person. And funny enough, if a person comes to you with similar symptoms, yeah? That match what something would create in another human being in toxic amounts. If I give a very diluted form, an extremely diluted form of that substance, that matches those symptoms, then this diluted form can cure those symptoms in a person.

Dr. Ameet Aggarwal:

If I sniff an onion, for example, get watery eyes and a runny nose, then what I can do is, if somebody comes to me with an allergy, for example, that matches that picture, I'm oversimplifying it, but I will give them very diluted onion, and the allergy will go away. How do you dilute in homeopathy? You take one little particle of the original substance, and then you grind it in a substance in 100 parts of another substance, and you keep on grinding for about four hours.

Dr. Ameet Aggarwal:

Then, you take one part of that, yeah? And re-dilute it. And then again, and eventually you're diluting in water and alcohol mixtures. So, you're taking one drop of one mixture. You're re-diluting it, in 100 parts of water and alcohol. Again, you keep on re-diluting it, so there's no actual molecule left. But, the memory of the original substance is there, the frequency, the vibration is there. And that frequency has the ability to match the frequency of a human being's symptoms. Because, we're all vibration.

Jason Prall:

Right.

Dr. Ameet Aggarwal:

And so, when you're sick in disease, your vibration changes to that of a substance in nature that matches your symptoms.

Dr. Ameet Aggarwal:

And so, the best way to treat that is using frequency medicine, rather than trying to force the body only with physical remedies.

Jason Prall:

Right. Wow, that's amazing. And so, it reminds me of a phrase that I'm going to butcher here, but anything can be medicine, or a-

Dr. Ameet Aggarwal:

Poison.

Jason Prall:

A poison, right? Depending on the dose, right? I think that's actually a naturopathic thing, if I remember right. But-

Dr. Ameet Aggarwal:

I think so, yeah.

Jason Prall:

Yeah, yeah. And it makes sense, right? I mean, enough water can kill somebody, but it's such an important aspect of life, right? So, the content makes sense.

Dr. Ameet Aggarwal:

In homeopathy, we use the phrase, "Like cures like."

Jason Prall:

Hmm, beautiful.

Dr. Ameet Aggarwal:

Yeah? In Swahili, we say, "dawa ya moto, ni moto". The medicine of fire, is fire.

Jason Prall:

Hmm. I love that. Well, and I've studied a little bit of Water Science. Luc Montagnier, who won a Nobel Prize, he did some amazing work on how water can carry and store energy and transfer energy, right? Masaru Emoto did some amazing work on water as well. Mae-Wan Ho, another scientist that did amazing work on water, and Gerald Pollack has done amazing work on water. And so, we know water is

this living substance that can hold a charge, it can act as a battery, it can act as a motor. I mean, it's really, really wild how much water can do.

Jason Prall:

And so, you're working with some of these fundamental forces and I love that it's a subtle nature. It's not this brute force, which is, let's say, that's our way of life in the West, right? Just force things to happen. So, we're actually opening ourselves up to the feminine, right? Just the subtle, the soft, right? And there's power in that, right? And so, let me ask you this, with homeopathy, is there a danger, right? With certain things, we've got contraindications. Is there a danger with homeopathy? Or, at least, perhaps it's not to the degree at which we're used to, with some of these other things.

Dr. Ameet Aggarwal:

I've never seen a danger with homeopathy per se, except, I mean, if somebody's dying and severe infection, or a major car accident, and you don't get the right remedy and you ignore other therapies out there-

Jason Prall:

Sure, right.

Dr. Ameet Aggarwal:

Either, you've got to learn how to integrate, one-

Jason Prall:

Yeah, beautiful.

Dr. Ameet Aggarwal:

If you take too much of a homeopathic remedy, you can sometimes get the symptoms of what it's trying to cure. Yeah?

Jason Prall:

Yes.

Dr. Ameet Aggarwal:

So, if you take a lot of homeopathic onion for example, the diluted form, you might start getting a runny nose and allergies. So, the danger in that, is if somebody is severely suicidal, or has a history of suicidal thoughts, and they're a bit stable and suddenly you take too much Aurum, which is one of the remedies I'll talk about today. Which is helpful for people with suicidal thoughts. Take too much, and then you can start getting a deepening of suicidal thoughts.

Dr. Ameet Aggarwal:

And you want to be careful about that, because it's hard to distinguish, what's the remedy? And what's you?

Jason Prall:

Right, totally.

Dr. Ameet Aggarwal:

See a good qualified practitioner.

Jason Prall:

Great. So, I love that you covered that, right? So, there are these peripheral dangers, but for most of us using these things for chronic ailments, it's sounds like it's really, really safe thing to explore. And of course, seeing somebody like you, or working with somebody that knows what they're doing is important. So, you're not willing to like taking things, but the dangers really, are minimized compared to what we're used to. So, let's dive in. What are some of the things that you can share with us? Because, I'm curious myself.

Dr. Ameet Aggarwal:

Okay. So, all the information is in the online course, Deeper Remedies And Stuff, but this is a taste of it, yeah? So, when somebody comes to me, for example, with a wound, a childhood wound, or a recent wound, not a physical wound, an emotional wound, yeah? There are certain homeopathic remedies that we can use to actually diminish, or dissipate the energy and the pain of that wound-

Dr. Ameet Aggarwal:

Not suppress it, which is very different. It's not like taking an antidepressant. This is actually releasing from the system, so you actually get centered again.

Jason Prall:

Right.

Dr. Ameet Aggarwal:

One of my favorite remedies for heartbreak for example, is the Ignatia Amara, yeah? And in homeopathy, we look at the individual unique symptoms the person comes with, to determine what's the best remedy. Somebody else with heartbreak might need Natrum Muriaticum for example, which is homeopathic salt. So, what's the difference? Yeah? Ignatia Amara usually has a lot of anxiety, a sense of a lump in the throat, maybe crying easily when you're alone, a lot of crying, versus Nat Mur might have symptoms of withdrawal, depression, resentment, lack of trust, and a deep soul wound of missing their partner.

Dr. Ameet Aggarwal:

I use Natrum Muriaticum when there's been a death in the family, for example, yeah? Where you've lost a loved one as well, it's a deep sorrow. Versus Ignatia, it feels more acute, more anxiety prone.

Jason Prall:

Right.

Dr. Ameet Aggarwal:

Then, there's Aurum Metallicum, homeopathic gold. And if you think of gold as, this whole status, yeah? And richness and wealth, like a king. And what happens when the king loses status? Sense of failure, sense of poverty, yeah? And so, what I see with Aurum, it usually helps people who have a lot of sense of guilt, sense of failure, suicidal thoughts, yeah?

Jason Prall:

Self-worth stuff?

Dr. Ameet Aggarwal:

A lot of self-worth stuff. Gold is a lot about worth.

Jason Prall:

Yeah, yeah. I can feel that. Yeah, yeah.

Dr. Ameet Aggarwal:

Yeah?

Jason Prall:

Yeah.

Dr. Ameet Aggarwal:

You're very intuitive, my friend. And so, I'll often give Aurum for that. You see, and that's the beauty of homeopathy, it matches your reaction after an event.

Jason Prall:

Hmm.

Dr. Ameet Aggarwal:

If the event calls you to withdraw and become resentful, then you use, for example, Natrum Muriaticum. If, the same event in another person caused them to be more anxious and tearful and can't express themselves too well, then I'm thinking, "Okay, that person needs Ignatia." And another person based on either their emotional history, their upbringing, or their experience of the trauma, went into those suicidal thoughts, was praying a lot, became over religious, not in a bad way, but just extreme, almost paranoid, or obsessive. And that really diminished sense of lack of self worth and a lot of guilt, then that matches the picture of Aurum. So, a good homeopath will read the person really well and determine the best remedies to fit that.

Jason Prall:

I love that.

Dr. Ameet Aggarwal:

Yeah. And then, I used Aconite a lot during a terrorist attack in Kenya. People were blown up and people were seeing other people blown up, or they were hiding from the terrorists under shelves and stuff like that. A lot of fear, yeah? A lot of charge and Aconite is a fantastic remedy for shock and trauma, especially when there's a lot of palpitations and fear of death, and restlessness, or insomnia, Aconite is fantastic.

Jason Prall:

And this is terror. I'm feeling terror in the system with this.

Dr. Ameet Aggarwal:

A lot of terror, yeah?.

Jason Prall:

Ooh, yeah.

Dr. Ameet Aggarwal:

Another remedy that comes to mind, of course, there's more detail in the course, but I'm just skipping on brief overview of certain remedies. Pulsatilla, beautiful remedy for somebody who's weepy, who's very needy, who just always needs that pity, or a sense of attention, yeah?

Dr. Ameet Aggarwal:

I'll give Pulsatilla and it'll ease that emotional turmoil that makes you just need so much from people. Because, it's a vicious cycle. When you're very needy, people start rejecting you. And then, you feel even more needy, right?

Jason Prall:

Right.

Dr. Ameet Aggarwal:

So, Pulsatilla is a beautiful one. So, I'll combine homeopathic remedies with emotional healing exercises, and we can do one right now, if you want. Or, if you want to cover more remedies, we can cover more remedies.

Jason Prall:

No, that's beautiful. And I just want to share this, just because my immediate use of homeopathy is with my 18 month old son and we've been using homeopathy for his teething pain-

Dr. Ameet Aggarwal:

Yeah.

Jason Prall:

And that's of course, a physical thing, but I actually didn't know that homeopathy went so deep into the emotional stuff. So, it's really cool to hear that you can use this stuff and I've seen a few things, right? Some of those emotional experiences, but the way you're using it, I've actually never heard of it being used like this, it's really cool.

Dr. Ameet Aggarwal:

Yeah. You can use homeopathy for the actual emotional state a person is, or also to detox a trauma from the past. I've used a lot for sexual abuse, for different things from childhood as well, yeah.

Jason Prall:

I mean, it makes sense, but I've just never really heard it used that way. So, that's amazing to hear. Yeah, so please guide us through an emotional exercise here. I think that's very, very useful.

Dr. Ameet Aggarwal:

Okay. So, in addition to homeopathy, it's important of course, to also become aware of your emotional blocks, yeah? And your judgements around emotions. And sometimes our blocks, are basically created by society, or societies interpretation of what's okay to feel or not. Or, our need to look strong, or not to feel what is really painful to feel. So, I've used this exercise at different retreats, and you're welcome to engage in this.

Jason Prall:

Yes.

Dr. Ameet Aggarwal:

So, if you're not driving, or operating machinery, I invite you close your eyes, please.

Jason Prall:

I'll join, I'm game.

Dr. Ameet Aggarwal:

And take a deep breath in and out. And again. And just slowly find your way to places inside of you where you either judge, or you experienced maybe an abandonment, or a heartbreak, or a disappointment, any memory that comes up, yeah? Try and choose something not so triggering, not so extreme, just so you can handle yourself, yeah? And as you're breathing, I'd like you to name the emotion you might be feeling. It could be worry, it could be sadness, it could be disappointment, or it could be happiness, whatever it may be. And I'd like you to say this sentence yourself. You can whisper it out, you can say it out loud, or you can just think it. And say, "It's safe for me to feel this way from time to time." And make sure you use the word from time to time, or once in a while at the end of your sentence.

Dr. Ameet Aggarwal:

Good, exactly that feeling. I feel it happening in some of you. You create a space, you open the space for that emotion to be felt in a deeper way. And then, say to yourself, "It's safe for me to be worried once in a while." Or, "It's safe for me to be relaxed from time to time." And just feel that, and repeat it. And really experience the feeling of, from time to time. So, you give permission, to experience a natural human experience, a natural human emotion, rather than judge it. "It's safe for me to be let down once in a while and be really angry with my mother, or father from time to time and also be open to letting that anger go once in a while. I want to feel both spectrums of my emotions."

Dr. Ameet Aggarwal:

Good, so you're giving yourself permission for the whole human experience, rather than forcing yourself to have a positive affirmation, or forcing yourself to be over angry. Good. And doing this in contact with someone, allows you to really accept your humanity and judge yourself less. "It's safe from me to relax

from time to time. It's say for me to feel relaxed from time to time. It's safe for me to breathe a bit more deeply once in a while, for myself, from time to time."

Dr. Ameet Aggarwal:

Just feel the power of that, giving yourself permission to breathe for yourself a bit more deeply. And as you do this, the energy of judgments starts peeling away from your nervous system, from your psyche, from your emotions, from your mind, and you get more comfortable with all the human parts of you. So, you go less into defensiveness, or fight or flight. And this exercise can really help you come out of trauma as well, yeah? And reduce the amount of fight, or flight going on in your adrenal glands. "It's safe for me to come out of this exercise from time to time as well. It's safe for me to protect myself from the therapist, or from the leader once in a while, as well, as I find my identity and hold my space for myself."

Dr. Ameet Aggarwal:

Good. And what you can do, is you can put one hand on your heart, and one hand on your belly. Just feeling who you are in relation to me on the screen, or to the people around you. So, it's just, acknowledging that it's okay to have your identity and a space between you and the other. I always encourage my clients to hold a boundary with me and to respect themselves while in therapy, rather than handle the whole parent projection onto the therapist.

Dr. Ameet Aggarwal:

"It's safe for me to calm down once in a while and relax my jaw from time to time." And really feel the words from time to time. So, there's no part of this instruction that says, "You should relax your jaw, or that you should calm down." There's no shoulds, it's purely permission. And some of you might find it difficult, because you're looking for more safety perhaps, and that's okay. So, "It's safe to be doubtful once in a while." Or, "It's safe to judge myself once in a while, and also let go of judgment from time to time." Beautiful and feel that energy, the vibration of an innocent child as well. Go through your whole nervous system. And you can take a deep breath and open your eyes when you feel ready.

Jason Prall:

Wow.

Dr. Ameet Aggarwal:

I'm curious what happened for you in your nervous system? I'm curious from the listeners, but if they can give us feedback.

Jason Prall:

Yeah, I want to, first of all, acknowledge how powerful that exercise was, and just want to share my experience. So, as you were naming these things. First of all, it took me a little bit to rest, right? We're doing this interview and we're discussing, so we're mostly in the head space. So, as we took a moment just to drop in and feel into the body and slow things down. And then, as you were naming these experiences, what I noticed was, at first it was a bit confusing, because we were going from sadness to... Right? There was all these things and my system was like, "Whoa, there's a lot here." Not confusing. It was almost like there were all present at the same time, which is a unique thing. And what I noticed was, from time to time, as you said that, and as that was repeated in my own system, there tend to be this space that was created.

Jason Prall:

So, at first, when I was, "It's okay to feel disappointment." I was feeling disappointment. And then, instantly, as we shifted, as we finished the sentence, "From time to time." I could feel the disappointment and I was also gaining space. So, there was this noticing of, I could feel it and I'm not totally it. I am beyond that, or I can hold both. So, it was beautiful to be able to feel it and not suppress it, but also not get lost in it and recognize that it can be here. And there's another presence of me here, with some distance.

Dr. Ameet Aggarwal:

Thank you.

Jason Prall:

Yeah. And-

Dr. Ameet Aggarwal:

It's not your identity.

Jason Prall:

Exactly, yeah. And so, there was a permissioning, there was an acknowledgement of it being there. And then, for me, what I noticed was I could feel it in my body, so I could feel it in, what some might say their chakras, or some might say, the nervous system. There's these little balls of nervous system, right? You can feel them in these plexus. And so, I could feel it in my system internally, but I could also notice the emotions and there were welling up. I was tearing up in some of it. And also, as you made your way to the end, it was this acknowledgement of, "I am here. I am me." Right? So, there's this, "Here I am." Right? There was a reclaiming of my own sovereignty and my own power in this, as well.

Jason Prall:

What else did I notice? Yeah, that was my experience. And I also want to share too, from doing some of this type, I've never done this. This was really powerful, as quick and as simple as it was, fantastic. I also want to share in permission, that for people to go through this and not feel a thing. Because, for me, as I began this type of work, I was so frozen. My system was so protected and guarded and almost like armor, or ice. It needed to be thawed, or it needed to be softened for me to even start to feel these things. And so, I just want to acknowledge that some people that may go through this, might just be hearing these words and trying their best, but they don't really feel much. And so, I'm glad to feel these things now, but it wasn't always the case.

Dr. Ameet Aggarwal:

No. And also, remember that when we're doing this in a retreat, I'm feeling the energy of everyone, or individual sessions, then it's easier to choose the words that are relevant to the person's history, to the person's experience.

Jason Prall:

Right.

Dr. Ameet Aggarwal:

So, don't be disappointed in yourself if you didn't feel anything. Look at your own experiences in life and you can even, if you don't feel anything you can say, "It's safe for me not to want to feel anything right now."

Dr. Ameet Aggarwal:

Just give yourself permission for that.

Jason Prall:

Yeah, yeah. And that's, what's beautiful about these types of practices. And I can already sense that if I were to do this, and I can actually sense it. I can, at some point lead my own experience in this way too, right? But, if I'm not there yet, and just listening to this on repeat, can be so powerful. To where I can see that nothing happened, nothing happened, nothing happened, nothing happened. Ooh, there's something, I notice something there. And there's this building, there's this evolution of this unfolding, because we're just permissioning, right? In this soft invitation to allow these things to come up, that I can sense this goes deeper and deeper, as simple as this is.

Dr. Ameet Aggarwal:

And I actually call it the Permission To Heal Exercise, strangely.

Jason Prall:

Ah, yes.

Dr. Ameet Aggarwal:

But, I like the way you say, "Permission, permission, permission." Yeah.

Jason Prall:

And it's really what it feels like. It just feels like you're permissioning and you're inviting, right? There's this invitation for this stuff to come up and it's okay. But, what I really, really love, and I've never heard in this type of way, is this, "From time to time."

Dr. Ameet Aggarwal:

Mm-hmm (affirmative).

Jason Prall:

Because, it's such a brilliant way of saying, "It's okay to feel this." And you don't need to get caught in it either. So, it's this permissioning, of doing both, right?

Dr. Ameet Aggarwal:

Yeah.

Jason Prall:

And scenario. Feel it, and you don't have to stay there. It's okay to come out of it-

Dr. Ameet Aggarwal:

Exactly.

Jason Prall:

And it gives permission to not feel it, which is beautiful, because sometimes you don't need to feel it. Or, it's not the time to feel this stuff.

Dr. Ameet Aggarwal:

Exactly.

Jason Prall:

Yeah. That's beautiful.

Dr. Ameet Aggarwal:

Thank you for the acknowledgement, yeah.

Jason Prall:

Yeah, that's a fantastic practice. I'm going to bring that into my own work, if you don't mind.

Dr. Ameet Aggarwal:

It's a pleasure, please.

Jason Prall:

I'm going to explore a little bit more, I'm going to study and use it in my own system to feel out. But, I can see how brilliant it is and how powerful that is. So, so simple. And I can also see your genius in it, in sense of being there in person, or it might not be a person, but with a being, and being able to intuitively sense what they need in that moment. There's this really cool way of using it broadly and also directly with an individual and feeling as things want to emerge in real time, what's there. Yeah, yeah.

Dr. Ameet Aggarwal:

Awesome.

Jason Prall:

Beautiful.

Dr. Ameet Aggarwal:

Thanks for the acknowledgement. It was great. I love the way you articulate so well.

Jason Prall:

Thank you. It was powerful. I mean, I can really, really feel that my experience. So, Dr. Ameet thank you so much. You've shared so many brilliant pearls with us today, both in this Master Class. And if you didn't catch his original interview, I highly encourage you to go listen to that in detail. Perhaps twice, because there's so much there that he shared, that I think can really unlock some of these things within our system. Sometimes, even just hearing them, let alone taking direct action with them, just hearing and

really, really feeling into what's being shared, because there's a transmission, right? We haven't discussed this, but I can feel, Dr. Ameet actually holds a pretty strong transmission in his system. So, just hearing his words is powerful. And if you feel into those words and beyond the words, there's a medicine there too for us all. So, this has been brilliant. Thank you so much, Dr. Ameet, you are amazing. Again, I really do thank you for showing up for us today and presenting this material.

Dr. Ameet Aggarwal:

Thank you. And if anyone wants the deeper exercise of the homeopathic remedies, I don't know if we mentioned the sites in the normal interview, or the masterclass, but I think you can share that there.

Jason Prall:

Yeah, please tell us where they can go.

Dr. Ameet Aggarwal:

It's DrAmeet.com. D-R-A-M-E-E-T.com.

Jason Prall:

Beautiful.

Dr. Ameet Aggarwal:

You'll find my book there. And then, of course the online course goes deeper into all my protocols, and it supports vulnerable communities in Kenya-

Jason Prall:

Yeah.

Dr. Ameet Aggarwal:

So, those with disabilities and impoverished communities. So, it's a win-win for everyone.

Jason Prall:

Again. Thank you all for tuning in and Dr. Ameet, thank you so much. Take care.

Dr. Ameet Aggarwal:

Lot of love. Ciao.