

DR. AMEET AGGARWAL

Mind-Body Healing With Homeopathy & Somatic Therapy

Jason Prall:

Hello, and welcome to Awaken the Healer Within, I'm your host, Jason Prall. And with me, I have a very special guest, Dr. Ameet Aggarwal. He was voted one of the top 43 naturopathic doctors worldwide. He has helped thousands of people around the world healing from trauma, anxiety, depression, and chronic disease by combining a ton of cool modalities, naturopathic and functional medicine, Gestalt psychotherapy, family constellation, EMDR, and homeopathy. His best-selling book and free online course can be found on his site, drameet.com and we'll help you heal your mind and body together with emotional release techniques and holistic medicine. When you get Dr Ameet's online course and book you help poor and vulnerable children in Kenya receive holistic medicine. And that's really where he's coming from us today. He's coming from Kenya and it's so good to have you. Thanks for joining me, Dr. Ameet.

Dr. Ameet Aggarwal:

Thanks Jason. Hey everyone. I'm sending you all my energy of love right now.

Jason Prall:

So we were just chatting. We just met, Dr. Ameet and I, and I had become aware of him and his work because it's fairly unique and we just hit it off. I kind of loved this guy already. He feels like a brother. And he's such a crazy guy. I'm just going to be honest. He practices all this crazy medicine and it's amazing. And I truly love it. I mean that in the nicest way, crazy guy, because there's not a lot of doctors that are willing to venture out into these more that are still kind of fringy topics, even though some of these have been around for decades or even thousands of years.

Jason Prall:

Homeopathy is one of these things that people still are kind of wrestling with. Is it real? Is it not how powerful is it? That has been around for decades. And Dr. Ameet was just sharing with me how powerful it is with some of his clients. And so maybe we can just kind of start there. Dr. Ameet. Your naturopathic doctor, I think by training. Right? It's kind of where you started more or less, how did you navigate to all these different therapies?

Dr. Ameet Aggarwal:

So in naturopathic school, they teach you about homeopathy and you realize very quickly that people have energetic blocks and emotional trauma in their past. And we'll talk about that later, maybe in the master class or in this class, how homeopathy can actually be used to heal trauma from your past as well. And so when you're taking supplements, you are pushing against a physical body all the time in physical organs. Yes, you're getting results. And there's some amazing naturopathic doctors who can use supplements very well to sustain your health. At the same time, though, people suffer from this energetic, I don't know, lack of frequency or blocks or invasions. And that's where I believe supplements can not touch. Yeah?

Dr. Ameet Aggarwal:

And so I saw homeopathy transform myself first and many other people in profound ways that supplements could not do. And my first remedy was actually a homeopathic version of a drug because in my youth I'd done too much. And I was kind of half tripping all the time. Not really a grounded reality. And without knowing it, my homeopath gave me the homeopathic version. So very diluted form of that drug. And within three days, my perception cleared completely. There was no intrusive thoughts. There was no anxiety and no supplement could ever do this. And I've seen naturopathic doctors heal schizophrenia and various other conditions based on giving a homeopathic remedy that's related to the initial experience that triggered the mental illness. Very important.

Dr. Ameet Aggarwal:

And then I went to study psychotherapy, Gestalt psychotherapy, to be exact. And there's where, gosh, it opened up the whole plethora of childhood wounds and shame and guilt, what most of us carry and we don't realize it. So our behavior is usually determined by what happens to us between zero and seven years old. And we think that it's the adult mind that is making the decisions, but usually most of our decisions are coming from a very childlike place, either out of fear or anger or need for protection or need to be acknowledged.

Dr. Ameet Aggarwal:

We're all operating these kind of blockages that we're not aware of. And in psychotherapy, we come into awareness and awareness itself, acknowledgement itself of a pattern of a trauma dissolves the trauma. It's very freeing to be acknowledged especially when a tender, caring, present person holds the space for you and helps you feel seen in that place of vulnerability, then you can let go of all that hiding mechanism and compensation you're doing because you were not supported or overly traumatized when you were young.

Dr. Ameet Aggarwal:

So it's really important to find good therapists who can really hold the space and acknowledge because strangely our experience of ourselves as children, our identity, actually partly comes from the way we experienced others experiencing us. So the way I experienced my mother, looking at me, how I feel seen, develops my sense of identity. And so when there's no connection to the outside world, during a trauma, you get lost in your own mind and you kind of withdraw and you're circulating with thoughts. And you're trying to manage your way out of this anxiety and information with the same mind that got traumatized, you're doing it on your own and with a good therapist who can hold the space long enough for you to actually take a peek and make contact outside. Suddenly your heart opens up and you feel, hey, I can rest with wrestling in my own mind. And I create a trust with the outside world. Then your guard drops, the armor drops, your breathing changes, your physiology changes.

Dr. Ameet Aggarwal:

So people have chronic anxiety and depression from underlying stresses, suddenly their depression and anxiety is easier to treat because their nervous system actually relaxes comes out of a fight or flight mode. And then when that happens, they produce less adrenaline. So the adrenal glands are not being overworked all the time. You see most people with anxiety and depression have adrenal fatigue. What I've experienced, and you can take all your adrenal supplements. You can take your B vitamins, you can take your rhodiola, ashwagandha, et cetera, until you heal that trauma, you'll be stuck on supplements.

And that's why I realized it's so important to heal trauma, as well as support the body physiologically by healing, the gut, the liver, and the adrenal system naturopathic the of course.

Jason Prall:

And I think that's really part of the reason why I wanted to create this summit, Awaken the Healer Within, because we all have this healer within us. Right? The practitioner, the doctor is really never doing anything to you. They're just allowing your own system, your own self to heal, to awaken to the truth. Right? And what you pointed to here was so important because you mentioned a good practitioner is allowing these things to happen because they're kind of being met in the right way. And as children, this is often the case when we didn't have the resource. I mean, we're infants we don't have our prefrontal cortex online. I mean, we're so dependent on others to be able to process things, to be able to understand things. Right? And when we don't have that resource meet us in the right way as children on a very, very consistent basis, then that there's an unmet need that we carry with us into our adulthood. And it is challenging to get that resolved until we have a resource often that we can rely upon. Right? Another practitioner that can meet us in that space and allow this finally to move through. Right?

Jason Prall:

And so another thing that you mentioned. I think that I really want to focus on here, which is these energies that kind of get stuck. And I'm curious if that's really what you feel like is kind of the key to understanding disease or any of these ailments that we suffer from, whether it's depression, anxiety, liver issues, gut issues. Is it stuck energy? Is that kind of what's there? Is it something that's stuck, that's unable to move or what's really going on, on sort of the energetic level as you kind of treat these things with homeopathy and family constellation and some of these other modalities.

Dr. Ameet Aggarwal:

Depends on the causes, Jason. So if it's a trauma, then it's a thought form that you're stuck. In Gestalt we call it either projection, retroflexion or introjection. It's like I'm stuck in a thought process where maybe I get angry at myself but really I need to get angry and aggressive to the who insulted me, but because I didn't have the means and I was powerless and it was unsafe then I might go into self doubt or blame myself. So it's self attack per se. Right? Because I don't have that support to say F off or hit back.

Jason Prall:

I want to let you keep going, but I want to actually dig into that too. Why is it important for the person to get angry? Because often we feel like it's not good to be angry. It's not a good thing. Why is that an important thing to experience?

Dr. Ameet Aggarwal:

Well, anger is actually a very natural expression and experience. And we're shamed about anger a lot from family, from parents, from society. Anger is a very if done in the right way, anger can be very healthy boundary expressions. Like, hey, stop. That's enough. And so what I use anger and aggression interchangeably, I should say more aggression, like aggression is a very useful tool to put a boundary with people saying enough and really meaning your business. And sometimes when somebody hasn't had the opportunity to express that anger is always swallowed and hidden and suppressed and everything, and you'll see them there, they become apologetic or they seem like weak people sometimes or irritated because they're really not getting it out there. And some-

Jason Prall:

It's in there.

Dr. Ameet Aggarwal:

It's in there.

Jason Prall:

The feeling that we feel. Right? And we're set for whatever reason, not letting it out, but it's there.

Dr. Ameet Aggarwal:

Some people actually feel the end up some people don't. They actually feel chronically sad or depressed or weak and intimidated. And I think that's..

Jason Prall:

That's disowned.

Dr. Ameet Aggarwal:

Disowned. Yeah. They disown the anger. And when you allow that person, when you facilitate a person to get in touch with anger, real anger with the body and really support them and they get in touch with it, it's such a rich experience. It's like, oh my God, I have the right to speak and have the right to be seen and acknowledged. And there's a powerful explosion that comes out. Right?

Jason Prall:

I'm actually feeling it as you name that because there's a lot of vitality there. There's a lot of life force. It's not death. It's not disease. It's not bad things. This is pure life force energy that I'm feeling as you're even expressing this. It's almost like you're actually transmitting this a healthy, positive way. It's amazing.

Dr. Ameet Aggarwal:

And I wish I was supported more as a child express that. Right? Because I grew up in boarding school and I was bullied and I was traumatized by teachers and it was a very British system. So there was a lot of oppression as well and all this other strange stuff going on. And so you learn to be obedient, but in obedience, there's actually like, if it's not comfortable, but you believe you need to be obedient. There is an unconscious anger going on that you actually disowned because you don't know what you're right. And when you have a well-trained therapist who knows what's suitable and what's unsuitable and gives you that feedback and your body recognizes the truth. Somebody can say, oh, that was wrong. And you believe them in your mind, but your body won't respond and somebody else can say, gosh, that was really upsetting.

Dr. Ameet Aggarwal:

And the words they use, determine what resonance you get back in your body. Right? And saying, be like, yeah, it was upsetting. So if you use the right word as a therapist, then the person's guard goes down a bit. If I use the word upsetting rather than terrible, the person feels more acknowledged they're more open to me. And that's where then I can go deeper into their vulnerable heart and then nurture them enough to trust, to trust their need, to say no. To trust their need to say off and trust that need just

to put a boundary, stop and grind their teeth. We don't do that because we don't trust our need. And we exclude it.

Jason Prall:

So what I'm hearing is that there's like character styles. There's all these constructions of who we become that are protecting us, that are keeping us safe in the world. That are there, protecting this little vulnerable one inside this one, that's scared, this one, that's angry. This one that's confused. The one that just needs love. But there needs to be these sort of protective facades. Right? This is the comedian, the one that's always trying to help somebody. The one that doesn't want to cause any problems. Right?

Jason Prall:

We have all these things that perfectionist, when, I ran a big pattern. Right? There's all these little protection mechanisms because there's just an unmet need until we have to kind of sift through all that in a very attuned way, not a manipulative way, not full of agenda, but the one that is met in the right way. And then we can get to our sort of vulnerable self and allow these things to express. And that seems to be doing some pretty amazing things on a physical, mental, and emotional disease. And I use that - dis-ease - level.

Dr. Ameet Aggarwal:

Yeah. It's one of the most healing ways I've seen with clients. And it's different from analysis theory like some people say, oh you're upset because your father did this, but there's no real visceral experience. I use Gestalt, family, constellations, EMDR, making sure that there's a visceral experience.

Jason Prall:

What is Gestalt be if people aren't from there, how is that different than sort of other psychotherapy?

Dr. Ameet Aggarwal:

Well, it's just one form of psychotherapy out there. I'm not so good at with theory of things. I'm very intuitive with sensation. So I'll give you my sensation interpretation of it. It's being really present in the moment and smelling or tasting or perceiving with sensory perception the energies of the other person. And rather than getting people to analyze what happened, let's say they have a certain behavior like sadness. I can get them to actually exaggerate the sadness. Like show me some more sadness. Show me some more like... And when they exaggerate the sadness, they get in touch with the deeper underlying feeling that could be there and it could be rage. It could be anger or it could be like, gosh, I really felt unsupported. And I didn't ask for my need.

Dr. Ameet Aggarwal:

And now as I speak it out, I realize I'm an adult and I can ask for needs. So I let go of that childlike cowering state that I was in, because now my adult mind has let go of just that pattern because the therapist has given me enough space to exaggerate what I needed to do.

Dr. Ameet Aggarwal:

That's one. Gestalt uses various techniques like two chair work, where you switch chairs and you speak to the adult part of you or the mother, the father, et cetera. Then you come the mother and you speak back to the child and then you get an awareness, like a paradigm shift.

Jason Prall:

Yeah. There's like perspectives that you're now playing with in that.

Dr. Ameet Aggarwal:

Playing with. And the moment you taste different perspectives, you let go of your own narrative because you fully experienced a different perspective. You're not coerced or manipulated into thinking differently. You actually experienced another viewpoint. And when you switch back and forth between different viewpoints, you let go of trying to hold on to your own because that was your own protection mechanism. You feel safer into letting go and becoming more aware of the environment, the people around you, a different perspective. And also the other people's needs. A lot of people are so preoccupied with their own wounds and their needs and their traumas that they forget about how other people think around them actually.

Dr. Ameet Aggarwal:

You'll have a lot of walking around unaware, and just insulting people or upsetting people. And what I love about psychotherapy, Gestalt and different trainings, is you get more sensitive into also the heart of another person. So any therapy that really helps you clear your data, your trauma, your wounds, leaves you more available to process or to hold the space for others in a healthy way.

Jason Prall:

That's beautiful. And you reminded me of an experience that I had, because a lot of the therapy that we do is dealing with their parents. Right? A lot of our sort of traumas is really with our parents. And it's funny because it's not something that they did wrong per se. It's just our perspective. As a child is very, very different than that as an adult. And I did some work similar to what you're relating to, but I was putting myself in my mom's experience and I'm 40 years old and I just have a young one, 18 months, and she had me much younger and I'm thinking, oh my God, if I would have had a child at the age, she had me, I would have done a much worse job than she does.

Jason Prall:

So because we had these perceptions as children that our parents are like Gods. It's actually what we sort of come out believing in a sense. Right? That they are going to be perfect. This ideal parent that's in our childlike mind. And when that doesn't get met and it can't get met. Right? I know I'm not living up to that expectation. Then we have these perceptions that need to be or that we have the opportunity to reframe and reintegrate.

Jason Prall:

And so I just did that with my own parents and I'm like, oh my Lord. I had such compassion for their experience and a new perspective on how hard it must have been because I know how hard it is for me. I'm barely making it. And it's really powerful in that way, but it takes somewhat of an embodied perspective. Right? You can't think your way through it a little bit, but it's more impactful if you can try to really put yourself in that experience and go back in time and really feel what it's like, what it must've been like to go through that experience.

Dr. Ameet Aggarwal:

Yup.

Jason Prall:

That's super powerful. It's amazing. So there was some other work that you do. What's what other kinds of therapies do you like to integrate into your practice?

Dr. Ameet Aggarwal:

Gosh. Okay. So my focus is always, if we're doing physiology like healing the body, then like I said, you got to heal the liver as well. Right? And that's my favorite organ to treat because a lot of people ignore it because the liver releases bile into the gut, everyone's focusing on healing, gut probiotics, change the diet, they're ignoring the liver. And my online course, I cover how to really heal your liver properly with homeopathy, with supplements, with herbs, et cetera.

Jason Prall:

And this is a free online course, you said.

Dr. Ameet Aggarwal:

The initial part is free. So it helps you group together healing the guts, the liver is an emotional healing exercise that we're going to do in the masterclass with you and then the adrenal system. And of course the full online course goes into my exact protocols, deeper remedies, exact homeopathic remedies, et cetera. So you really get a taste of how to integrate emotional healing with naturopathic medicine. So you can heal the pillars of your health rather than just dabbling multiple supplements.

Jason Prall:

Just the fact that you offer even a bit of your online course for free is actually amazing. For the people watching or listening, I don't know a lot of people that actually offer that. So that's kind of cool. I'm actually going to go check it out just because I want to see what's there.

Dr. Ameet Aggarwal:

Thanks. It's important to get a taste of what you're getting into. Right?

Jason Prall:

I totally agree.

Dr. Ameet Aggarwal:

And so that's my focus is really because the liver produces bile. Right? And that affects your microbiome, your gut immensely. And if your liver is toxic because of medications, because of environmental toxins, because of suppressed anger, inflammation, chronic inflammation, then it produces less bile with that then you get more dysbiosis or an unhealthy gut. So you can be popping probiotics your entire life. But if your liver's not flowing with bile it ain't going to work too well.

Dr. Ameet Aggarwal:

And then your liver controls hormones. So a lot of people with PMS symptoms, et cetera is often due to liver stagnation. Then, also because of the hormonal imbalance, a lot of people with anxiety and depression often have liver stagnation as well. So I combine healing trauma and freeing up the liver and healing the gut of course to reduce inflammation. So there's many things I combined, but check out the online course, check out how to connect the gut, the liver, the adrenal system and emotional healing

techniques for free. And then you'll be able to put it all together in a much more easy way. We don't have time to go through all the details I'm sure in today's session, but we'd love to talk more about it.

Jason Prall:

Absolutely. No. I think it's great. Again, we've been focusing so much on the physical side. Right? And we've been making some great progress. Right? Going from pharmaceutical allopathic sort of frameworks to more functional integrative naturopathic and even opening up to some of the Eastern traditions. And I think that is an amazing leap forward. And what you're mentioning is we can go deeper. Right? Is really what some of these Eastern traditions focused on, which is the spiritual component, the non-physical levels of reality that we can bring into this and combine them with this amazing progress that we've made and sort of functional integrative naturopathic medicine on the physical level. Right? There's really an opportunity for all of it.

Dr. Ameet Aggarwal:

I love you say that because the other side of what I practice is the family constellations therapy. The spiritual side of things. Right? And also using healing sentences. So when people are stuck in therapy and they're in analysis all the time, they might not have said things in a certain way. And I introduced different ways of saying their experience, which gets them in touch with the reality of their experience rather than the interpretation fed to them by society. Like for example, I was abused. I was abused. Yes. You can get in touch with that feeling. But it was like, okay, I was overwhelmed or I was surprised and I wanted to say no, and you suddenly they get in touch with other feelings like the anger and the upsetness rather than just staying in victim role.

Jason Prall:

And there's more there. Right? There's more nuance to what they felt. Right? They were abused. Yes. I felt violated. I felt the trust had been lost. Right? There's all these deeper, deeper emotions that we can start to express. And it doesn't deny the other sort of main viewpoint. It's just incorporating a bunch of other things so that we can allow them to fully come to the surface and get worked. Right?

Dr. Ameet Aggarwal:

Exactly. Exactly. Because trauma has multiple layers and multiple experiences within a single trauma. And all of those, I think, need to be acknowledged. Acknowledgement is what releases a lot of trauma for a lot of people.

Jason Prall:

Well, something, it's a little bit of a tangent here, but I've experienced this with actually ayahuasca, is an ayahuasca experience. I was able to not only feel my own experience, but I was actually, and don't ask me how this works in ayahuasca, I was actually able to experience it from the other party and I understood their wounds that were contributing to them making the decisions they made and instantly by actually living it in this ayahuasca experience, I was able to understand and have compassion on a deeper level.

Jason Prall:

So from one angle, tons of anger and disappointment and upset. Right? Because how could you do this? Right? There's a very common sort of question we have about somebody else whether they even just yell at us or whatever, how could you do this to me? And then if we're able somehow to be in their

shoes, then we have an instant acknowledgement. Of course, this is how I could because all these other things were sort of done to me. Right? I experienced life in this way that naturally resulted in these types of behaviors.

Jason Prall:

And so there's such a power in that and it releases...it reduces the charge in our own experience I found. And so, I mean, I think it's amazing that you're able to do this work from your perspective without something like ayahuasca, you're able to kind of navigate these waters from different perspectives and bringing in these perspectives. It really just kind of softens the experience a little bit and allows these things to move through. That's amazing.

Dr. Ameet Aggarwal:

Thank you. Yeah. It's attunement. Right? It's attunement and we're all gifted with an intuition. I think. It's how you use it, how you practice it and how much you let go of your own wounds so that you are able to hold the space for someone in need or someone dysfunctional. Because often our judgment is a way of defending ourselves from further attack because we don't have the resources to speak back or to explain ourselves or a lot of men I know, feel almost like they've lost their manhood if they don't fight back. It's definitely just bring themselves like, gosh, we didn't win the fight.

Dr. Ameet Aggarwal:

Get rid of those beliefs as well and you can hold the space and be more patient and say, okay, no, it's okay if I explain this and I don't have to punch this guy in the face to show that I'm a man, for example, and you're comfortable with that losing the battle per se, you develop trust with the other person because suddenly the person says, okay, gosh, I don't hate you that much, actually, I get what you're trying to say. So just practicing, holding the space once you've cleared your wounds because the wounds are trigger you into reactive reactions basically. Either anger or insulting someone or running away avoiding. So I would encourage people to really heal their wounds in order to create better relationships in their lives and to heal chronic disease, of course.

Jason Prall:

Right. And there's really no separation. Right? That's what's ironic about all this and it's all the same stuff. It's just being expressed as chronic disease in the body or relationship friction or self-worth or what have you. But you actually hit some hit on something now that you mentioned earlier, which is that as we get triggered into these reactions, which showing up in that moment is the four-year-old self or the eight-year-old self. Right? That's what it ends up showing up. It's just an adult body now and there's a lot more person here, but it's really just from a psychological or energetic perspective. They've just that five-year-old, that's trying to find the safety. Right? In that moment. So tell me a little bit more about family constellation. So for those who aren't familiar with that term and how it's used, what's kind of the mechanics of it. And where did it kind of come from or what's it all about?

Dr. Ameet Aggarwal:

Family constellation is probably one of the most powerful therapies I've practiced personally, developed by Bert Hellinger. He was, I think, I believe a Jesuit priest out of Germany, he went and spent time with the Zulu people in South Africa. Based on his previous training and understanding the dynamics of the Zulu people, he understood a concept of the orders of love, basically ways of being in families as humans that are healthier than what people slip into. People naturally slip into codependency or loyalties

without being aware they're doing it. For example, if my father hit my mother or abused my mother, I will tend to almost side with my mother and reject my father. This is a very extreme example and it's questionable what I'm going to say, but we've seen it transform people. So the act of just denying the father and being against your father denies a source of your own life. Yeah. And you get-

Jason Prall:

It's like half of you. Yeah. It's like half of you really. And I've identified this myself if like somebody would verbally attack my mother or father and there was a piece of me that felt attacked. Right? There's almost this ownership. Absolutely.

Dr. Ameet Aggarwal:

And so when we reject one parent and we're loyal to another parent we kind of have a blind spot to a form of love or source. So in a way we remain stuck as a child, always loyal to the mother. So we might grow up with a sense of over-responsibility or having to do too much or rescuing people or doing too much for our partner without getting our needs met or we might be averse to certain people. And I often find that people don't thrive either hormonally, energetically because they're rejecting the source of their lives. They have an interpretation, I guess, of what strong means. Strong means aggressive, strong means unsafe. Things like that.

Jason Prall:

Controlling.

Dr. Ameet Aggarwal:

Controlling. Exactly. So when we do constellation work there's certain healing sentences we can do to release that entanglement and that kind of loyalty to mom, knowing that she's safe now, or she tried her best and maybe dad had a history as well. Yeah. That he could control himself. And just seeing that, gosh, I'm these people's children. I came into their lives and I'm witnessing all this. And just that experience that I'm witnessing all this reminds you of who you are as a child, witnessing everything before you went into loyalty with a parent. Before you start rejecting one side or the other and just getting in touch with that innocence, that vulnerability, frees up a lot of energy for a person. That's one example.

Dr. Ameet Aggarwal:

In constellation work we also make sure to include people who are not included. For example, if your mom had an aborted or miscarried child. Right? And you came next in many families, that child is not acknowledged. They're just saying something happened, whatever. And you think you're the first child in the system. And we see this clinically or in practice that that person who doesn't acknowledge a missing child will feel this over sense of responsibility or a sense of anxiety. Life is too much. I got to do too much. And when you get in touch, when I help the client get in touch with experiencing what it feels like to be the second child in the system.

Jason Prall:

Wow.

Dr. Ameet Aggarwal:

Huge burden is off. And you feel it right now, I think, yeah?

Jason Prall:

Yeah.

Dr. Ameet Aggarwal:

A huge burden lifts off them. And I also get mothers to really mourn and acknowledge and thank those children that they lost. Rather than just being this hospital visit. For example, I'll get mothers to say, dear child, thank you for coming to my life. I'm sorry you couldn't stay. I'm sorry it had to happen this way. I'll have a place for you in my heart. Then you acknowledge the bond. The mother acknowledged their bond with a child with a soul.

Dr. Ameet Aggarwal:

That acknowledgement itself gives you a more complete picture of your identity on this earth. When you have more complete integrated identity of yourself, your confidence grows, anxiety stops. You have more energy for yourself. We also do this.... The list goes on and on. We do acknowledgement with victims of murder. We include the murderer and we have sentences to say to the murderer, I'll see people who have ancestors in the Holocaust, for example. Right? Or different racial experiences. And so they're healing sentences for all these sorts of things. For alcoholism, for missing father, for not being held or being born premature, for example, not being held by your mom. That's a huge trauma that people don't realize happened.

Jason Prall:

Yeah. There's a lot of experiences here that I just want to kind of maybe bring to the surface. Right? Obviously we have kind of especially in the sort of Western world, the black body populations, but there's more nuanced ones. Right? There's first of all, I think at least my study of history is shown that just about every racial group has been persecuted at some point in history. And so there's really interesting things that I think can make their way through the lineage. These subtle experiences. Right? I mean, imagine it, because I don't have this experience, but if somebody's biracial. Right? A black father and a white mom, perhaps, and I've heard people explain this experiences, like I was disowned by one racial group. I was disowned by the other one and I could never be... Right? And so it's like, these are very subtle things, I think sometimes.

Jason Prall:

And sometimes it's very obvious. Sometimes they're so subtle that they can even hide from our own experience to some degree. Right? I mean, these things that you're mentioning are very, very hidden type of experiences that until we bring amazing awareness and presence to can really just sit in the background for so long and cause disturbance. And just to kind of give a background for some of the viewers and listeners, when Dr. Ameet and I just kind of were chatting before we hit record, I was telling him, this is kind of why I left private practice. I was working with people and sort of functional integrative medicine. And at some point in my practice, I recognized that there was these deep wounds that were unmet in people and I didn't have the skillset to really meet them.

Jason Prall:

And so I was referring out, but even then I didn't have a great referral source to send people to. And so that's what led me on this path of going deep exploring these what's here. How do I understand this stuff? How do I... I mean, first of all my clients were mirrors for me recognizing that I had so many wounds that I had no clue about, some of them I knew. Right? At least I thought I did. And then what I've

gained since then, the perspective I've gained is that there are thousands, if not millions, if not infinite, things that can be addressed and attuned and met and held and processed.

Jason Prall:

And I go, oh my gosh, there's so much here. And I think sometimes in this work, we get so lost in the trauma pieces because we do have so much trauma and there is a lot to meet and to acknowledge and to work through. But I love what you're pointing to here because these aren't necessarily traumas per se, that we would typically categorize them. These are experiences that have so much nuance and so much subtlety that they're almost confusion in the system. They're almost just energy blocks. They're just caught unprocessed, unmet stuff that is oftentimes not even ours.

Dr. Ameet Aggarwal:

They're actually act of love as well. So they're not trauma, like what you're saying. Some of these things that we do that cause us to lose energy or to go into depression are acts of love, out of loyalty. Dear mom, I cannot see you suffer. So I have no right to be happier than you because that brings tremendous guilt to my heart. And I will share with you your story, that's a loyalty that's out of love. Right? And I see that all the time when people come from abusive families or where there's a lot of abuse. They are loyal to their parents unhappiness because a child will feel guilty, being more successful or more happy than their parent. And we don't know that it's a trauma and it's a different way of healing disturbances during childhood or adverse childhood experiences. And acknowledge the love and the actual active participation in creating the sadness and depression.

Jason Prall:

Right. And even within ourselves. Right? What are some of the things that I've learned along the way that we create these parts of ourselves. Right? The one that's super critical that on ourselves. The one that's judgmental of others. These are actually parts within ourselves. We can call them ego or ego constructs or personality patterns, but these parts of us were created to protect us. In other words, these were our protectors. These were such gifts. There's such a beautiful aspect of ourself, but we learn often to disown them to not want them to hate, to kill our ego. Right? I mean, last thing I want to do is kill my ego.

Jason Prall:

Thank God my ego developed, because it kept me safe. It built this amazing being that has been able to navigate the world with all my wounds and all my foibles and everything that's come with it. But it's a thing to love them. Right? And that as you were kind of pointing to this, and these are pieces and parts of ourselves that we don't love. The shadow elements of ourselves, that either we don't acknowledge, don't recognize or we do recognize them and we want to get rid of them as fast as possible. Right? And that can keep us stuck.

Dr. Ameet Aggarwal:

Yeah. The society judges them Jason. You know, and in a way, some of the judgments like, oh gosh I appear too needy, or this is not appropriate. So we diminish our personal power and authenticity, our human nature.

Jason Prall:

Totally. And we have needs too. Right? And one of the things that I've continued to work on is, is the ability to ask for help and the ability to actually receive it when it does show up. So one of my protectors is like, even when it does show up, it's like, there's this subconscious, deep, energetic sort of protector that goes, no, no, no, no, no, I got this. Right? And so we have needs. Right? So it's acknowledging some of these things and it's a process sometimes. Sometimes it can go like this. I don't want to say everything's a process or at least the process can be happened instantaneously. And sometimes it can take decades, perhaps even many lifetimes to work through. But nevertheless, they're there for us to acknowledge and work with. And again, I think it's important to state this.

Jason Prall:

Some of the things that we're talking about seem very kind of out there. I have no doubt that many people listening to this are going, oh my God, that's so important. That's me. Thank God I heard this. Right? It just resonates so strongly. And undoubtedly, there are some people questioning going. It seems a little farfetched. It seems a little weird. It can't be the thing that's causing my IBS. Right? And this is where the links become so hard to really make. And again, for me, in my own personal experience, what I've seen transformed physically, mentally, emotionally, I can't make the link. I can't... There's no logical progression that I can say if I just heal this thing here with my mother, then this thing in my left knee will go away. Right? But this is real. And I've seen things just transformed both in myself and in others. And so maybe you can just talk about how these crazy concepts that you're sort of mentioning on one level. It gives me some of the things you've seen on a physical level.

Dr. Ameet Aggarwal:

You see, unfortunately, the way we've been taught anatomy, physiology, biology, and the mind is so far away from what actually happens to the human body, to the nervous system, et cetera. Yes. There's a scientific explanation that we can measure. Yes. This causes this. Yet there's no paradigm to explain how etheric medicine or energetic medicine words, we don't have the skills or the tools to measure that. And I've often seen like people coming with stomach ulcers, for example. Yeah. Or it was one person even with cancer in the stomach and after expressing the anger or the upsetness and the helplessness. Yeah. For one client with the ulcers, their symptoms cleared, we were doing homeopathy. We were doing supplements for almost three months. Right? And it was improving, coming back, improve and come back then. I said, when did this stomach problem start?

Dr. Ameet Aggarwal:

Oh I had an issue with my wife and it was inappropriate for me to stand up for myself because I didn't want to embarrass... I don't know what it was. Yeah. He had a story. And it was shameful for him to express anger because he was a very gentle soul and he didn't want to be judged as all, you're an aggressive man, et cetera. And he was taken advantage of, and I really got him to express that and express his needs. I need to be seen as well. I'm a person as well. Boom. Immediate release.

Dr. Ameet Aggarwal:

One person with cancer in the stomach. It was something to do with the father cheating on the mum. And the disgust around that and hard to digest. It was difficult to digest. That was the kind of symbolism. And when we did the constellation work and the piece around that markers went down. Tumors markers went down. It works, this stuff works and there's a growing field of knowledge out there. Awareness is growing, constellation work is growing. The work you're doing is growing. So people are trusting to look

beyond the scientific model now and trusting in their intuition and their feeling and trusting in an energetic or love support to the nervous system. So they can let go of those armors and guards, and really receive the healing in a more holistic way.

Jason Prall:

Yeah. And what's interesting is I kind of started in the scientific realm. My mind was very left-brain. I wanted to explain, very logical in my thinking and that got me pretty far understanding medicine and the body and physiology and biochemistry, and even bio-physics to some degree. And then as I got deeper into this type of work that you're talking about, that we're having this conversation around, I started to let go of the why's, of the hows. Right? And I just trusted what was happening in my experience. And to some degree, and this is kind of weird for me to say, is that I gave it over to God, so to speak. I just allow whatever the intelligence that was going to emerge to emerge. And if it healed this and it healed that then great. What I recognized was that there was a need, there was things that we're asking to be resolved, that I was able to acknowledge.

Jason Prall:

And as those things were met and acknowledged and processed and integrated, then whatever happened happened. Right? So instead of trying to solve the problem, I just began to recognize what was appearing in front of me and allowing that to resolve on its own timing, in its own pattern. Right? Because some of these things, we can't let go of this until we acknowledge or get resolution around that, that and that. And then all of a sudden this other thing starts to resolve. There's a wisdom in the body mind, there's a wisdom in the heart. There's a wisdom in our entire system of the order of operations.

Jason Prall:

And so to some degree, there's just this letting go of all the science - and that's not to deny it because I actually still get really, really mentally aroused by the science. I'm like, oh, cool, this thing from ayurveda, we're now showing it here. And this is how this works. And oh my God you see that we discovered the lymphatic system and that explains this, this, this, and this, but this interstition have you seen this there's this whole new organ called the interstition. Right? And it's really, really cool stuff and yet it still doesn't get me any closer to explaining why resolving this relationship with the parents or this thing from the lineage now resolving the gout. Right? I mean, it's like, how the heck does that happen?

Dr. Ameet Aggarwal:

Because emotions create physical symptoms, simple. Our experiences trigger emotions, and we carry these emotions with us. And if you carry these emotions for long enough, for example, fear and stress creates a rise in cortisol and we know through Chinese medicine and through multiple case examples suppressed anger actually causes liver stagnation. And you'll see people who are very stressed, they become irritable and that's a sign of liver stagnation. Or a lot of stress will cause a stomach ulcer. Those are emotional experiences causing physiological changes in the body. Right? And we just haven't taken it far enough with enough written evidence, call it. To map out why issues with mother might create like Crohn's disease, for example. But there's definitely physiological explanations of why it happens. We just haven't mapped it out yet. But the evidence is growing, because the evidence is when you heal the trauma with the mother, the Crohn's disappears, for example.

Jason Prall:

Well, and one of the analogies that I like to refer back to is I don't need to know how a cell phone works in order to be able to call my mom and tell her I love her. Right? It just works. And you can just trust it. And you can just do it. And you can the positive thing without having to figure out all the electronics and the microchips and all the... You don't need to know about that. Right? You just kind of trust it. You need to know enough. You can't use it under water. You need to know the framework, but once you got that, it's good enough to just do the good stuff. Right?

Jason Prall:

And actually you reminded me since you're kind of this somehow you became the liver guy. And you're into all of these other, this other work. I had a friend who was texting me. She said, hey, my friend who I didn't know, I knew her a little bit. And she was kind of an athlete, good shape, young. She said, she just got a blood work back. And her liver enzymes are very, very high. She's really worried. And we take a look at her blood work and I said, sure, I looked at it from a functional perspective. Right? So that means you're looking at all these other markers, not just the liver enzymes to discuss a liver as you know. And I looked at all these other markers and even within a tight functional range, as opposed to the big wide allopathic ranges.

Jason Prall:

And she looked relatively healthy across the board. And I said, well, this is interesting. And I said, does she take a lot of pharmaceutical medications? Does she drink a lot? Is there something physical that's affecting the liver specifically? And she's healthy and she drinks on occasion, but not crazy. And I said, okay, well, I suspect there's some deep, deep, emotional trauma. Some anger, some resentment perhaps with parents or somebody that's holds a really strong charge. And my friend said, yeah, she's got some pretty big stuff with her dad. And so I thought, how cool, I could rely on sort of some of this to just briefly look at some blood work and recognize that there's something going on there. That's powerful. Right?

Dr. Ameet Aggarwal:

Body livers is right-sided and often right-sided is daddy issue. Not all the time, but I've often seen liver stuff related to father stuff.

Jason Prall:

I've also found the same thing. And that's why I kind of referred to the left knee with mother. It's fascinating. there's a lot of this out there. Right? I mean, that's also what I want to acknowledge is that the things you're talking about in the over sharing here, so is it new stuff, per se? A lot of this goes back thousands of years, Chinese medicine, aryuveda. This was bringing in the Vedas and Sanskrit before any of this Western stuff came to being. Were just somehow kind of understanding and on a different level and a different perspective and in our own right. And which I think is cool. It's a really cool thing to rediscover some of these things.

Dr. Ameet Aggarwal:

It gives you more strength and tools really to get yourself out of disease. Because if you're just a victim of your own disease saying, okay, I need this medicine and what's wrong with me, et cetera. Then you'll suffer more. And if you're educated through doctor series like this, and just learning more esoteric tools to understand the connection with your mom, dad, ancestors, and you agreed your left knee, your liver,

you're more enabled to use the right therapies, the right tools to make the right resolutions to move forward in your mind and let go of society's expectations of how you should be, and really get in touch with your power again, and live as a full human being, not an indoctrinated human being.

Jason Prall:

Beautiful. I think that's a great place to leave it off. And just to kind of recap for the people here, I just want to say these are the things, that we're discussing here, that are underlying some of these physical ailments and mental ailments. And for those of us, and I was one of them, who were searching for the cure, searching for that thing, whether it was the supplement or the right blood work or the right protocol to resolve the thing that you're suffering from, and you're not getting the results, this is a good place to look at some of these other realms, family constellation, these homeopathy, these deep emotional wounds, and in exploration of that, there's amazing things that happen, not only the resolution and the physical level or the mental level but your relationship with money changes, your relationship with yourself, with your child, with everything around you starts to your purpose, your passion. Right? And that's really the point of this summit is to awaken these aspects in ourselves so that our entire world starts to shift.

Jason Prall:

And it does become magical. And I can feel it in Dr. Ameet here and that's why I'm so excited to have him. So, Dr. Ameet thank you so much for joining me today. And before we wrap up, just give us a quick reminder of what you're going to be kind of hitting on in the masterclass.

Dr. Ameet Aggarwal:

Okay. So first of all, I want to say, all the gut liver connections confuse you, please go to the website, D-R-A-M-E-E-T.com. It'll walk you through everything. Yeah? The masterclass, we're going to do a beautiful emotional healing exercise and to release emotional blocks. And I'm also going to cover a few of my favorite remedies to heal emotional trauma. Because there's different types. There's either a breakup, abandonment, or really frank shock. I treated a lot of people who were in a terrorist attack in Kenya, where they saw very difficult things and immense, immense improvement from shock and trauma, just using homeopathy, combined with psychotherapy. Psychotherapy alone wouldn't create the results that homeopathy did. So I'm going to share some of my favorite remedies. And of course there's more in the online course, but come to the master class and just learn how to really untangle yourself from the past.

Jason Prall:

I love it. So I don't know where I need help in those arenas, but I can guarantee you that as you deliver those, I'm going to apply them and see what happens because there's so much there. So I'm excited for that. Again, Dr. Ameet thank you so much. And everybody thank you for joining us today. And we hope to see you on the next one. Take care.