

4 Powerful Therapies to Process Stuck Energy & Emotions

**Jason Prall interviewing
Dr. Ameet Aggarwal**



Jason Prall

I am thrilled to have this conversation with our next guest, Dr. Ameet Agarwal has become a close friend of mine in the past few months, really, because we share so much similarity in how we think about the body and health and energy. Dr. Ameet was voted one of the top 43 naturopathic doctors worldwide. He has helped thousands of people around the world heal from trauma, anxiety, depression, and chronic disease by combining naturopathic and functional medicine, somatic and gestalt psychotherapy, family constellations therapy, EMDR and homeopathy. His free online course and books on Dr. Ameet.com will help you get faster relief from burnout, anxiety, depression, chronic disease, and trauma by helping you heal your mind and your body together instead of separately. Dr. Ameet, thanks for joining me.

Dr. Ameet Aggarwal

It's a pleasure, Jason. Good to be back on. And I'm really excited to share homeopathy, family constellations, trauma, EMDR, to help people shift their energy to release something more innate, more unique, where their spirit, their higher self wants to get to and release those blockages that are minimizing spirit's work in this world. Thank you.

Jason Prall

I love that. And that's one of the things I love about your work is that you combine a seemingly disparate set of therapies and tools in your work. So I'm curious, how did you become so diversified in your practice as a naturopath?

Dr. Ameet Aggarwal

By mistake, I think. I studied naturopathic medicine. Then I ended up at Gestalt Institute

and learned gestalt psychotherapy, and I realized the importance of healing childhood traumas, healing the past, and also really learning how we have such a narrative about our minds, about the world, about our beliefs. And we hang on to certain truths and those truths really are created through life experiences and they have nothing to do with reality. And they keep us away from contact, from soul contact, from heart contact with other people because we're ruminating in our own reality, most people are, until you shed these layers and become really vulnerable and authentic and clear, then you can really meet the other person's heart and soul at a true healing energetic level, right? So I learned a bit of that in gestalt. And then I stumbled upon family constellations therapy, and I was like, gosh, and I didn't even know what I was getting into, but just when I saw family constellations therapy, my whole soul started moving towards it. And that's really the therapy that changed my life completely. It really got to the root cause of really energetic imbalances coming from our ancestral trauma, as well as family trauma that create disease and anxiety, depression, whatever in a person. And we'll talk about that, how it works, energetically, physiologically, we'll talk about epigenetics and stuff like that. So whether it's divine guidance, higher intention, your soul purpose, I just ended up in these different facets.

And then I really realized the importance of healing the energetic imprint. So using the psychotherapy and trauma release, as well as homeopathy, which will cover specific remedies to heal trauma today, healing the energetic imprint, that's vibrating and causing disease in a person, causing anxiety in a person, throwing the person off balance. When we release those energetic imprints, the physiology of the person comes more into balance. It rests a bit because our body's constantly fighting against these imprints, right? And almost adapting to these imprints in a diseased way to kind of show, okay, there's something wrong out there. And so yes, you can take supplements, yes, you can take herbs, but if your frequency doesn't change, if the root causes not healed, the ancestral trauma is not dealt with, the childhood sexual abuse, or the father being abusive to the mother, etcetera, is not healed. You might be popping supplements your whole life, right? To cope with this energetic impulse that's invading your soul, your, your aura, your energetic layers.

Jason Prall

That's amazing. I love that you described that. And one of the things you mentioned that really grabbed me was that we don't really experience reality. We experienced our version of reality, and it reminds me of a quote that I read in the Bhagavad Gita or through Ayurvedic wisdoms. And it says something like, "We don't experience the world, "we only

the experience our own nervous system." Which is a very interesting way to think about this, which is to say that the world is as it is and yet the only interaction we have is through our own system. So in other words, we all are experiencing our own unique reality, not as it truly is, but as we perceive it, right? And I think this is a really fundamental thing that you're talking about here is that it's our own perceptions, and especially as we're young ones in our infancy and we're growing up and we don't have a way to deal with the world very holistically from an integrated perspective, we start creating all of these associations, these imprints, right? And so it seems like what you're talking about in a sense, and I wouldn't say this is the whole thing, but it seems like we're holding onto energy. Energy gets stuck in our system because we're unable to process it, unable to recognize it for what it truly is and rather we're seeing it through our own distorted perceptions. Do I have that right?

Dr. Ameet Aggarwal

Yeah, in a way there's multiple layers to that. So in a way, when you're born, you're almost born clean, like, and then you look at a baby's eyes, it's like, wow. It's like pure, it's a bit exaggerated, but there's a purity to that. And now as you begin experiencing things, there's energies that you feel, right? And then you see visually events happening. So suddenly you start associating certain events with certain energetic imprints. And so that develops a kind of knowledge, and that turns into perception. And then as you make a sound, people respond, so then you start associating sound with action, right? And so then you start formulating your own expressions with results in the world. And over time, as you see cause and effect, it's like, you almost go into identity, you start creating identity.

Jason Prall

And this is where the ego kinda comes online. The sense of

Dr. Ameet Aggarwal

Ego develops, yeah. And we need ego in a way to survive in this world. It's not a bad thing. We need that because we connect or we associate with living beings and moving objects and stuff, right? And that's our way of communication. Unfortunately, though, through media, society, governments influences, etcetera, and certain dark forces, we have been imbued with certain "knowledge" or reality, or complicated or manipulate a reality to believe that the world operates in a certain way. Our education system is full of it, the universities are full of it. Even the way we look at the body is very mechanical and physical

when it comes to medicine and we swallow it as truth. Now, as you practice really looking at your beliefs, right? And realizing that what you're believing is coming from parents, from a suggestion, from friends, from friends circles, you realize you're not your beliefs, your beliefs are thoughts that are coming from influence, and there's a soul part of you that is receiving this and is interpreting this, right? And through deeper work, you can suddenly start to feel your core essence minus the beliefs, who you are, and it's usually love and light. And through love and light then, and if you can practice staying in that in a sustained way, through love and light, then you can start touching people and connecting people and feeling people, energetically, who they are minus that surface language that we're all using to operate in this sense of reality. And now how is this relevant to homeopathy trauma, etcetera, right? So we experienced certain events in our life. Whether it's abuse, sexual abuse, or a misunderstanding, abandonment by a mother, father, etcetera. When we experienced these things, we feel almost dissociated or disconnected from a family, or we feel the sense of fear coming up. And these experiences get lodged in our nervous system. And as we learn language, we begin to interpret it in words. And so now we have these words that we interpret our experiences with and our memories with. So we're stuck in a narrative based on the language we've learned over time.

And these narratives then reinforce our unhappiness, our self-esteem, the way we talk to ourselves, the way we think who we are, because we've learned this language and we're using it upon our experiences. So it gets embedded deeper and deeper into our reality. So with soft love, compassion, embodiments, somatic therapies, we can slowly discharge some of these nervous system imprints and come back to an authentic energetic feeling in our body. And when we get in touch with that, we realized the language that was going on that was supporting the imprints. When you become aware of the language you were using and then you realize, gosh, this language is no more relevant because I'm getting a different sensation here going on, I can reinterpret the language or reuse language to readjust my reality and my vibration. And that's why therapy really good somatic gestalt family constellations therapy can shift your energetic vibration. Because depending on the language you're using upon yourself, you will either collapse or get angry or be frustrated with people, but it's all the narrative that's affecting your vibration, your energetic body.

Jason Prall

So talk about that. Talk to me about that. What is gestalt? What's the modality? What's the essence of what it's trying to get to?

Dr. Ameet Aggarwal

Wow, that's a big question. I cannot explain gestalt in one sentence. Gestalt is a one form of psychotherapy, right? And they call it phenomenological. Can't even pronounce that word. It's how I use it is becoming aware of sensations, of projections, of the narrative that's going on. And one technique I use is to exaggerate the narrative. So if I'm saying, oh, that guy's bad guys bad, I'll see, I'll ask my client to see it more and more. I can see the guy's back, see that guy's back. And something, when you exaggerate a narrative, you get in touch with the vulnerable part that began the narrative. Or you realize how false the narrative is. You realize it's not even connected to reality. You get in touch with a certain inner truth. And the moment you get in touch with that inner truth, I, as a therapist can feel it, I sense it immediately and say, gosh, stay with now that feeling. that's your beautiful heart showing up. And then they make contact from that beautiful heart with me. Their vulnerability feels seen and acknowledged. They don't need to hang on to the narrative anymore, right? Because they've got that support in that vulnerable place that they needed, that they weren't getting before. So they had to create a language and narrative and criticize people because it was a way of protecting the self. Gestalt use this tool chair work, where it'll get people to sit on one side, talk to another chair, empty chair, be like, imagine it's their mother that switched be their mother talked back to themselves. And through that alternate work, you begin to realize what you think your mother was saying was really created in your own mind and it's like a projection or what we call an introjection something that you've swallowed from childhood to be the truth. But as you work on switching sides between the person who gave you that truth to swallow and who you are really, you begin to realize that that truth actually belongs to them and it's not yours anymore.

Jason Prall

So you're using dialogue to really get to a deeper essence of the trauma or the wound or the belief or the thoughts that are guiding this perception in the current reality.

Dr. Ameet Aggarwal

Dialogue, and also getting people to stay with their feelings and sensations. So I'll often ask my clients to just stay with the feeling what's going on. Because we're quick to go into mine and explain things. I'll say, hang on a sec, just stay now, what's happening to your breath. Notice that. And the moment you give attention to the breath, you suddenly feel a bit more vulnerable and in truth with your own body's experience. That truth is more real than the narrative that we're hooked on to.

Jason Prall

Yeah, that makes sense. And this is something I'm familiar with, with the work that I do is really from a somatic perspective that there's so much that the body is holding onto. And what I found interesting as I got into this work, both from the receiving end and as the practitioner is that these energies that are held in the body once they start to move, once they start to clear different perceptions, immediately start to show up a different awareness, different ideas, different perspectives can almost appear as if out of nowhere. There's a deeper integrated reality starts showing up when some of these things in the body start to move. And that was fascinating to me because the method that you're discussing, that's more logical. Like I understand that, right, that this form of psychotherapy to get into the body, that makes sense to me, the reverse was very surprising that the body can be used to change the perception or get to the different realizations. And so talk to me about that. It seems like there's like this bi-directional relationship that we can sort of utilize. We can come at it from both perspectives almost.

Dr. Ameet Aggarwal

So I believe the body and the mind are one. You see, that's the narrative that goes on in the science world that they're separate, right? And so now trauma is stored in the body, right? And when your body gets a different experience through love, through touch, through therapy, good semantic therapy, that the experience is different, right? So let's say you're in a vulnerable place and you're talking about a trauma, etcetera, and ask you, okay, stay with it where you're feeling that in your body, or can now go and feel something safe, remember a safe scene in your life. And you get familiar, you go back to safety, then you come back to that charged feeling of trauma and you go back to safety. Suddenly your body gets an experience of a permission, a permission to say, oh, this permission to let go of this charge for a moment and this safety is available to me, right? So the vulnerable part that was stuck spinning in trauma suddenly has a sense of availability of safety.

Jason Prall

And that seems to be a requirement, a very important requirement is a sense of safety or security so that the trauma can move, without that, it's always on defense.

Dr. Ameet Aggarwal

Exactly that, right? The sense of safety suddenly is an experience. It's a somatic physical

feeling. At the same time, the moment you physiologically and somatically feel safety and calmness, you experienced that also in your mind and your awareness and that awareness was holding the memory of trauma, where you were stuck mentally now, right? And so when the awareness that's holding onto the memory also becomes aware of safety and automatic dialogue happens between the charged mind and the part that's aware or the same mind that begins to become aware of safety, right? And so that dialogue automatically softens the experience. I don't need to process this memory so much because the processing happens because there was no answer and no solution, no sense of safety. So I got to hang on and continue processing, continue process. I'm stuck there because no one gave me a hug or made me feel safe or pulled me out of the situation. And now when the body experiences, because when you're stuck in trauma, also the body is going through certain sensations and in good therapy, we take you back to those sensations briefly, and then we take you back to safety, right? So the moment I'm getting to experience those charges and the mind goes into that memory. And then I come back into safety and the mind also goes back into safety, there's a bridge, any traumatic memory that feels a bridge towards safety shifts and discharges.

Jason Prall

So how does that impact us longterm? Because we hold onto these traumas or wounds, emotional mental wounds, these perceptions, these beliefs, these thoughts and ideas that are perhaps distorted that we hold onto these things for years, decades, perhaps even lifetime. So as you working with your clients and you're processing, and you're integrating some of these experiences, is this something that shifts our energy for good, like eat these little pieces is it's a permanent thing, or it's something that you have to continuously kind of work?

Dr. Ameet Aggarwal

Right, okay. So first of all, this unhealed trauma affects our nervous system drives our adrenal glands wonky, right? So you go into adrenal exhaustion and that causes chronic fatigue, low immunity, and you get a cortisol imbalance as well, and it affects your gut, so get more leaky gut and more inflammation in your body. And so you're going to disease. So unhealed trauma goes into physical disease.

Jason Prall

Yeah, I wanna pause there. I mean, what you're saying, you're very familiar with this, so it's not surprising or interesting perhaps, or maybe it is interesting, but it's not shocking. But I think for some that may be hearing this, this is pretty revolutionary. It was for me when I first recognized that how deep this truth is that these thoughts, perception, ideas, emotional wounds literally can create disease in the body. And so the things that we're talking about diabetes and chronic fatigue and auto-immunity and cancers can have their origins, at least in part, perhaps a large part in something like trauma.

Dr. Ameet Aggarwal

Absolutely. I can even explain it physiologically if you want me to.

Jason Prall

Yeah. Beautiful.

Dr. Ameet Aggarwal

So when you get traumatized, you go into a stress response, that's the fight or flight response. You need to make adrenaline. Who makes adrenaline? Your adrenal glands. If trauma is not healed, your nervous system is on guard constantly. So you're constantly stimulating your adrenal system, right?

Jason Prall

This is the sympathetic side of the nervous system, right?

Dr. Ameet Aggarwal

Sympathetic side And what happens is also your parasympathetic side gets shut down. All your vagus nerve, beautiful nerve that innovates your liver, your gut, your heart, your diaphragm, etcetera, that gets interrupted, right? And when it's interrupted the organs that the vagus nerve supports also don't function optimally. So now you have less liver function or less suboptimal liver function. Your vagus nerve is not releasing the right kind of cytokines into your gut. So your good bacteria are not growing really well and the lining of your gut lining becomes weaker, right? The cortisol imbalance also shuts down thyroid

function or thyroid conversion from T4 to T3. So suddenly you don't have enough active T3 in yourself. So all your cells are weaker. And when that happens in your gut, your gut lining becomes weaker. So you're more prone to leaky gut, right? And leaky gut then stimulates inflammation all over your body. Now the inflammation also drives the adrenal glands to throw off cortisol. So you've got the trauma and the inflammation throwing of cortisol, which leads to brain chemical imbalances. So you're going to anxiety and depression and suicidal thoughts and OCD. Your liver becomes toxic from chronic inflammation, and then you get less bile flow. So you get more gas, bloating, constipation, you get a hormonal imbalance leading to certain types of cancer. Now you can more toxicity in the body. So more free radical damage, and also trauma shuts down your mitochondria and your ATP production, they've shown that. So now you're not detoxing well, the cellular energy is not working as well. So that leads to chronic disease, chronic fatigue, low immunity, your cells are not detoxing well, they're not getting rid of free radicals, which damage your DNA, right? So the more you heal energetically and emotionally, right? And the more you heal with your family traumas and the more you use homeopathy to release these energetic imprints, your body starts to feel more like as well as emotionally resilient. And that brings back health, your nervous system calms down, your adrenal glands pick up. You don't need to pop supplements as much as you were before, you don't need to fight fires as much.

Jason Prall

I love that. And there's a concept in IR Veda called AMR, right? And AMR is essentially this toxic morbid substance that can build up in the body. And in our invaded, they say that this AMR can be built up from the physical substances we eat and we don't digest the physical component and of course will lead to ominous toxic buildup in the gut and then through the body, but also mental and emotional processes, if those aren't digested, then they can lead to AMR a build up in the body. So what you're saying is essentially the same thing that IR Veda says, which is that all this stuff can lead to this sort of toxic morbid incoherent processes throughout the body, even down to the cellular level. And then it's this cycle, right? And then the cool thing is that our body is naturally, let's say designed, but it's naturally capable of its own healing and regeneration, right? So we just gotta kinda move out of the way and let it do its thing. But in order to do that, we've got to heal some of these things, right? So I guess my point is that once we get to these therapies that you use, it's not like we have to do healing, right? The body will do the healing. We just kinda have to do the processing and allow these things to integrate in the body will naturally sort of come back to life to the best of its ability, granted that as we get older that starts to wane, but it has this natural capacity, right? So it seems to make the job easier.

Dr. Ameet Aggarwal

It definitely does, because remember trauma creates emotional blocks, right? And it stops us in our tracks. So we're not flowing. Our spirit is compensated. So we're not inspired, we're not living with inspiration in spirit. We're closed, we're protected, we're guarded, so we're using our energetic resources to protect ourselves against an imagined threat. And so that's so not real with the present moment. I understand some people are under constant threat. If you live in an abusive home, etcetera, it is relevant to the present moment. And I'm not saying that you have to just lose your mind and just be open to abuse.

Jason Prall

We can't, right? There's actually fundamental aspects to us that won't let that happen, right. These are the ego parts that you're talking about is this defensive aspect, right? Which is really, really important.

Dr. Ameet Aggarwal

Yeah, they're necessary. The thing is when you come out of those situations, then it's time to release those traumas. And the other thing is sometimes we don't realize why we're always attracting these situations. We're stuck in a horrible marriage. We're stuck with alcoholic partners. We're stuck with abusive partners. And usually I find that either bad luck, but most often it's due to family loyalty, right? And this is where family constellations therapy comes in, suddenly if my mom was with a drunk father, abusive father, I might grow up feeling that's almost normal. Some people feel that, or that's an association of like familiarity. And they really side with the mother's, side with the mother and bizarrely, as they grow up, they feel almost guilty or they feel they don't deserve better than their mother. It's very hard for some children to feel that they deserve more than their parents, guilt comes up, and then they sabotage their happiness. So out of loyalty to my mom's pain, I strange the soul strangely gets attracted to the wrong kind of partner as well. It's almost like a contract with the mom. I suffer with you so that I don't leave you alone. If I'm happy, it means I abandoned you and no child wants to do that. So that's a delusion that happens from this blind loyalty that we do as children towards suffering parents. Yeah, and go ahead.

Jason Prall

I was going to say, so this is all sounds interesting. When I first discovered how much of this

was in my system, in other words, it's so easy to become blind to this stuff when it's our own. And I say that because I've done some of this work with you and some others, and when we started to process some of these things, I thought, oh my gosh, like, I didn't even see it. I wasn't aware, it was in such a shadow place, and I've done a lot of work on a lot of different things. And so I guess my point is is that some of these things, you don't think maybe they pertain to you and then you realize, oh, wow. The cool thing is in the process is I think is the awareness of doing it out of love, out of care, out of genuine heartfelt concern sometimes. It's just distorted.

Dr. Ameet Aggarwal

Also the need to belong, Jason, sorry to interrupt. But sometimes we needed to belong. And what does that mean? So it's like, okay, the way I can belong to this crazy system of my family is to do this so I connect with my mother, right? So I don't leave her alone. That's my sense of belonging and staying connected to where we come from, because the threat of not belonging is, how do I say, it's almost greater than self-love like, we will die for parents or loyalty than live.

Jason Prall

In other words, it's a fundamental aspect of being here is having that connection, right?

Dr. Ameet Aggarwal

So very sabotaging behaviors out of love and loyalty and the need to belong.

Jason Prall

Yeah, so talk to me about how that process of kind of bringing awareness to some of these relational dynamics and how you heal that in process, you don't have to go into great detail, but I'm curious what that looks like.

Dr. Ameet Aggarwal

So in a therapy session, the therapist will energetically feel through training, we understand typically what happens in family systems and how people take on people's energies, right? So as a trained therapist, I feel into the field, we call it the knowing field. There's an

energetic field that has a lot of information there. And if somebody has some anxiety or let's just use anxiety, for example, or a disease or something else. Okay, great. I'll have a representative of them. I'll use an object or a projected energetically in my mind, they'll say, okay. Just think about your mother and then think about your father. Then suddenly when they think about their mother, they will feel energetically connected to their problem versus if the thing about their father, it won't resonate as much. So we know we're in the mom's side, then I know their family history, maybe their mom's father, grandfather was in the war, right? And maybe he lost a limb or he lost a partner or a soldier as well. And there was shock and trauma there. And bizarrely, this child, my client is connected to that energetically at a soul level. And so I'll get them to maybe say, first of all, I'll ask them, it's a whole process, each person's individual, they'll give you in-depth process for this particular example, I might get them say, imagine your mom looking at her father and saying, dear dad, I leave this with you. How does that feel in your body? I'm asking my client now. And suddenly when they imagine their mom leaving something with the mom's father, that trauma energetically, my client suddenly feel relaxed 'cause they were carrying it partly for their mother as well, and partly for their grandfather, right? So in that relaxation, then we know there's a truth of resonance there, right? And in that relaxing that's where a whole the client and get them to notice their authentic self minus the entanglement with their mom and with the grandfather.

And when the client gets aware of themselves and their own nervous system minus the entanglement, they feel a certain strength of truth, who they are. And that's where the energy self, that self healing mechanism picks over then, suddenly the energy picks up, their spirit awakens and they feel less obliged really to go into the entanglement again, once the awareness sets in. That's just one small example. I mean, there's thousands of examples where we have miscarriages, abortions in the family, those play a huge role on somebody's happiness and sense of anxiety and over-performance 'cause often when there's a miscarriage or abortion, we're over-performing to make up for the life of the missing child. And we're also over-performing sometimes to win back dad's love or his mind was busy or soul was busy with his ex lover, right? So in a way, he was not even focused on the family and freedom that energetically, if your father is entangled with an ex lover, you will have a sense of, you're not connecting with dad, no matter what you do, you ever keep on trying and nothing you do is good enough. So then suddenly you walk into this world, like I got it, nothing is good enough. I'm not good enough, so I go into self doubt. I live with self doubt. I overdo things in my job. I never feel that, I'm never good enough in people's eyes. So I live as a small person and then maybe I never succeed. And so success depends on really the entanglement of your father with his ex level.

Jason Prall

Or maybe you turn into a perfectionist and a workaholic and you succeed heavily to overcompensate.

Dr. Ameet Aggarwal

Exactly, and you burn out.

Jason Prall

These are the funny things that I've learned with some of these entanglements and traumas and wounds is that they can tip over into what we might deem "negative behavior," as per society standards. Or they can tip over into "positive behavior" per society's typical standards, right? And this is success, it's money, it's power, it's all these things that we tend to value. And I find it interesting that it's just a manifestation of wounds coupled with-

Dr. Ameet Aggarwal

Thoughts.

Jason Prall

Yeah. And their natural essence and natural characteristics and abilities, right? That's what's interesting too, is that we all come in with some constitution, some natural essence that gets applied, so to speak, to some of these wounds and traumas.

Dr. Ameet Aggarwal

Yeah, it's thought forms that we develop based on continuous association with a single thought and the emotion that goes with the thought at that time. So I'm thinking this thought, there's an emotional experience, then I continue thinking that thought, and then every time I have this emotion that thought comes back, so then it becomes reality. And then I identify with that, identify with that emotional thought connection and then it becomes the truth. And so every time I feel sad, it's like, okay, yeah, this person doesn't love me or something like that. And so we come back to our original point in the conversation where we are literally living our experience and it has nothing to do with reality. We're

basically using thought forms to operate into this world. And we see our way of things and everyone has their own thought forms that are driving them and many of us that leads to depression, disconnection, over-performance, et cetera, and we don't have room for opening our hearts and really loving each other. And it's not only our fault, it's society's fault as well, right? It's control. Remember that there were a lot of hierarchies out there in the world. There were a lot of like monarchs and certain forces that really used religion and power to control the masses of population, right? And there was a lot of slavery, like let's see, even back in the time of Egypt. And so in a way that used ways, like, paying you a little bit too, so you continue working for the bigger powers. And now we call that a salary, we call that success, but really how all that money is filtering upwards to whoever's gonna use it for whatever they wanna do, right? So we're confused actually. We're not connected to what our soul and spirit really needs to do, but these times are changing, a lot of people are waking up to the truth and the manipulations that are going on and finding out what really heals their spirits.

Jason Prall

Yeah, this seems to be a fundamental part is the way forward, the way of waking up to those truths is by processing some of these things that are stuck in our system, but integrating some of these aspects of ourselves so that we wake up to the reality of who I am. And that seems to be, again, even some of the religions, the ancient practices, the spiritual texts, they kinda come back to that core essence of figuring out, who am I? And that seems to be the work that is enabling this collective awakening that we're sort of witnessing at this point. And I find it interesting as you talking to me about these therapies and how it all works, what keeps coming up in my mind is that we're running past programs. We're running programs based on the past. In other words, these things that we're experiencing today really are no different than something 20 years ago. In other words, the time component seems to be almost irrelevant in our experience because we're literally running a program that was set in 1986, right? That's very interesting to think about. And so, in a sense, it's almost like I have to go and heal the 1986. It's like back to the future. I gotta go back to that point in the past where things went awry, and then once I heal that, then I can get onto my natural, normal integrated

Dr. Ameet Aggarwal

Healthy self. And that's why I love homeopathy as well. So with trauma therapy, of course, we go and we take you back to your past, some trauma therapists do that or for the

sensation that's stuck in the past and through the awareness through the embodiment, etcetera, we let go of that. So the body store stuff from way back then, homeopathy has the power of healing the past as well. It's amazing, right? So clients will come to me with an ulcer, with skin issues, headaches, whatever, and I'll go back and say, when did it start? There was abuse, there was emotional abuse. There was abandonment of my mom or my brother molested me. Something like that. And so instead of giving them a homeopathic remedy for their physical symptoms, I will give them a homeopathic remedy for the trauma, the specific trauma. So it could be homeopathic remedy for betrayal, for sexual abuse. There's different remedies. I cover those in my online course, but I'll mention some here. Ignatius, for example, is that a remedy grateful when you feel betrayed, let down maybe a breakup with a boyfriend or a girlfriend, and there's a sense of grief lump in the throat, etcetera. is great when maybe there's a betrayal or loss of a loved one and you withdraw, maybe you get headaches. Maybe there's some resentment, things like that.

Or a Metallica is great where maybe there's suicidal ideation over superstition, excessive praying, nothing wrong with praying, but it's like, you're obsessed with like, you're so scared of living that you're hooked onto this or you're very suicidal. We just look at these characteristics. I'm really not saying praying as a problem because prayer is really powerful and strong. I just wanna give you an indication where all Metallica might be helpful to someone. We take those symptoms into consideration. So these homeopathic remedies can be used once you understand the essence of the trauma from the past. And when you give these remedies the past vibration because remember it's all vibration, that's stored somewhere, ORIC field, that starts to shift and peel away. And when that starts to shift the source energy can spread, that light from above that source light and the earth energy can permeate more into our energetic body or body in the mental body as well, right? More fluidly, and when that happens, our senses wake up our sense of authenticity and boundaries come more into light, more into our mind's eye. And then we get a better sense of who we are. We come out of compensation.

Jason Prall

Yeah, I love that. It seems a little bit unreal that homeopathy, which people some people have an issue with already can heal trauma. But when you realize that these trauma, these wounds, these beliefs, these projections, these ideas they're held in the body mind. So in other words, the thing from 1986 is held here right now in my field then all of a sudden it's like, we don't have to go back to 1986, so to speak, the 1986 is here with me and we can heal

that through that something that call homeopathy . And so I love that. And it makes so much sense if we recognize that those things from the past are still here. And then there's no time difference, they're held in the body, right? The body keeps the score is one of the great books that I've read in its details, this type of thing.

Dr. Ameet Aggarwal

It's having the body, as well as in the field, you said very correctly here. So there's a field around us and those energetic imprints are stored in this field. And so that's why homeopathy works so well because homeopathy is vibrational. It's an energetic medicine sort of effects this vibrational field around us, not only the body.

Jason Prall

Yeah, I love that. And what I've found too, is that with some of these wounds of these traumas or things that are held actually in the physical body, even, it's the subtle, the subtle seems to have a really, really profound effect. This comes in the form of toxins and metals and chemicals as well as sort of the medicines and the therapies too. I think in the West, we've learned to discount the subtle, we've learned to really favor the gross, the something that's super impactful and super strong. That's in to look at any supplement bottle, it's always about the strength and the numbers of how many probiotics are in there, right? And there's nothing wrong with that. That has its place too, right? Something that's super strong is valuable as well. But I think we've really discounted the subtle. I can't feel it, I can't notice it. It doesn't seem like that's possible to this thing that I have is so big. How can something so small heal it?

Dr. Ameet Aggarwal

Yeah, because also remember we're not in tuned to the subtle energies. We're so inundated with social media, with TV, with advertisements, with the pressure from jobs, with messages from the government, messages from the media and societies collective consciousness, collective behavior mentality. And so we're entangled in there so much that we're kind of removed from sensing our body and the importance of good therapy and mindfulness and meditation is really getting in touch with those subtle responses your body's doing to information, to thought, yeah. A certain thought might make you feel tense. You're like, okay, if something makes you feel tense, maybe it's not a healthy thought to have. Is there a different way of thinking without denying your own experience? And so

what I do sometimes I get clients to rephrase their sentences. So if they say, gosh, I really hate what my dad did. I can say, I felt really vulnerable and confused when my dad did that. Suddenly you take ownership of your experience. And you're not denying the experience, you're just saying in a different way, that frees up some energy. And that's why even words can be so healing and your own language can heal you if you learn to use it in a lighter way, rather than the same narrative you've been using to blame, or to keep yourself a victim or to keep somebody the aggressor.

Jason Prall

Beautiful. I think this is a good place to end where we talk about some of these things that we can do, because you do a lot of therapy. I think this is an integral piece to work with therapists and people that can help you get to some of these things, but what can people do on their own? What are some things that we might do to be able to bring awareness to some of these things that you're talking about? And I'm gonna throw out one that came to mind as you were speaking, which is that is to kinda turn off some of these over-stimulated aspects of our environment. So literally creating an environment that is a little bit more calm, that that allows us to tune in, to begin to tune into the subtle. In other words, it's hard to tune into the subtle energy if I'm at a concert and it's super loud and there's people jumping everywhere, there's too much things going on. I can't pay attention to the whispers. And so that would be one recommendation I can throw out there is to find opportunities for silence, for introspection. And this is perhaps different than the formal meditation on a pillow per se, even going for a walk in nature, just learning to perhaps painting a picture, playing some music, even in the shower, we can begin to tune in because we have enough, the monkey mind is kind of busy enough, but not overstimulated and we can hear these whispers.

Dr. Ameet Aggarwal

Yeah, I would say, yeah. So meditation does come to mind, breathing techniques. So sometimes when you're just being long deep breathing and noticing the tension that comes up and the narrative that's going on, I have a beautiful emotional healing exercises, it's a free video on my site as well that helps you stay connected to the uneasiness of certain emotions and feelings. What does that mean? I'll encourage people to say to themselves, you can watch the whole video there, but I'll just mention it briefly here. So those of you listening, just imagine thinking of a negative thought or feeling you're having stress, anxiety, worry, and just say to yourself, it's safe for me to have these feelings from

time to time and really feel this permission to have these feelings from time to time so that you give yourself permission to accept them and let go, or to experience them and not experience them. So you're not struggling against your own feelings. And then you can say it's safe for me to relax once in a while and just feel that once in a while permission. So you're not forcing yourself to relax, the words once in a while, from time to time are important. Suddenly you start getting in touch with these energetic shifts inside of you. You'll sense it in your body, the letting go of the tension that you have against your own self feeling, certain feelings. The problem with anxiety is that we resist and we fight against it sometimes, right? When we allow the full experience of it, the innate healing powers awakened in the body. So that's one exercise, I always recommend to people to really get in touch with your feelings. I don't know why intuitively I'm feeling alternate nostril breathing. It's just coming to me through channeling right now. So alternate nostril breathing is called You're basically putting one time here, you're holding your forehead here and you're breathing in through one closing nostril, breathing out, breathing in, breathing out. This exercise balances your brain and your nervous system. And I believe the more balanced your brain and nervous system is, the easier you are, the more able you will be to pick up on the subtle energies that are going on in your nervous system, right? Because we need to calm down the monkey mind, like you say, so that it can start listening. That channel correctly.

Jason Prall

I love that. Yeah, it's interesting because I'm actually in the midst of an Vedic cleanse right now called the punch of karma. And this is one of those techniques that I use on a regular basis during this cleansing period to bounce the nervous system, to allow the body to cleanse and flush and clear. So I'd love that you brought that in. It's a fantastic to practice. It's so easy, right? Just to do this alternate nostril breathing. And if you're still unsure of how to do it, just Google it or go to YouTube and check it out, it's super, super easy, super powerful. Again, it's a super subtle breathing technique. And so I love, I think this is one of the great things to do for most Western people is to practice the subtle, practice these subtle techniques and these subtle experiences, because that'll help get you in touch with the subtle techniques. We love to go for these big huge breathing techniques, like circular breathing that really starts to move the energy and the breadth of fire, but the subtle ones are beautiful because it helps us to tune into the subtle. So I really love that you brought that in Dr. Ameet-

Dr. Ameet Aggarwal

No problem. One last thing I wanna say that a lot of people are afraid of the subtle, because the subtle feels weak and vulnerable as if they're not doing enough. And that's where your narrative and your shoots come in. So just trust Jason words and really work with the subtle and you realize you'll become more and more powerful in your own subtleness, in your own vulnerability. And that's where true energetic power comes and the real healing begins.

Jason Prall

Beautiful, that's a great message to end on. Dr. Ameet, thank you so much. If anybody that's interested in Dr. Ameet's work, go to Dr. Ameet.com, D-R-A-m-e-e-t.com. He's got his books and his free courses there. So go check those out, doctor, thanks so much for joining us.

Dr. Ameet Aggarwal

A pleasure and lots of love everyone. God bless.