Introduction and summit theme

Welcome, everybody. I'm Doctor Casey, yours. And I'm delighted to bring to you a dear friend and colleague, Doctor Amit. He was voted one of the top 43 naturopathic doctors worldwide.

And he's helped thousands of people around the world heal from trauma, anxiety, depression and chronic disease by combining naturopathic and functional medicine, psychotherapy, family constellation therapy, eMDR, and homeopathy.

Welcome. So good to have you here. Thank you. I'm excited, to dive really into, you know, family entanglements, family ancestral traumas, homoeopathy, emotional trauma, everything related to the energy body and, you know, chronic disease.

Beautiful. So this is the reverse autoimmune disease summit 5.0. And we're talking about healing the energy body and the the model that I present to our viewers as the the model of the pontifications from either Vedic medicine where we have our physical body, then we have the energy body that lies next to it, then your emotional body, your mental higher wisdom body, and then that bliss sheath that connects us to what Carl Jung called our collective unconscious, right where all information lies beyond that.

And, you know, we're in a state of joy when we're there and unencumbered by the emotional entanglements, as you said, of trauma. But we don't get complete and full access to that part.

If we do have, you know, toxicity in the other layers coming before that. And so when I conceptualize of the summit, I was I was really leaning into this, this energy body that's next to the physical one that we can actually take pictures off with currently in photography, like we know it exists.

It's called prana and yoga. And she and Chinese medicine, an electromagnetic energy field or aura.

Homeopathy and energetic healing

And you know, next to that is the emotional body. And anything we store in terms of trauma or doubts, fears, anxiety, shame, guilt, disgust, disdain, you know, all of it that gets fed to the physical body through the 72,000 channels of chakras and stretches and knots.

You know, all of that comes in and affects how we express our genetics, how our organ systems work, and if we're going to attack ourselves like an autoimmune disease.

Exactly. So why why I have all these beautiful experts like yourself come to the summit is to talk about how they work with that. And you are a beautiful example.

You just said that like, I'm excited to be here to do exactly what I was just talking about. And so I love to dive in to some of the modalities that, you know, I, I read off in your bio, but, you know, how how does homeopathy work for doing this very thing, like helping, reverse chronic disease and affect the energy body?

So our physiology responds to energy and to stress. Yeah, they've proven that now. I mean, if you see something scary, your adrenal system will go into fight or flight, right?

Your cortisol levels will change, your hormones will change. And so with chronic stress or chronic energetic influence is the physiology will go through long term changes or permanent well permanent or disease changes.

Right. Or those changes then go into disease and I should say right. And a lot of people are taking supplements

etc. to heal the symptoms, to fix the symptoms, but they're not changing the energetic information, the influence that's causing the physiology to go haywire.

And so the beauty of homeopathy, psychotherapy, family constellations, therapy, trauma release. They affect the energetic information, your emotions. Yeah, your emotions and the vibration around you.

But remember it's not only around you, it's even through you. Like in pictures, we see the energy bodies surrounding the physical body, but really, it's like even behind the physical body in the other dimensions is the vibrational body bringing the physical body into this 3D dimension.

Right. And so homeopathy, because it's energetic medicine and energetic in nature, I'll show you how it's, created because it's energetic in nature. It has the capacity to bypass.

Yeah. The physical realm and go to the energetic vibration behind the physical realm and around the physical realm that is manifesting the physical body.

Okay. And so homeopathy has has the ability to impact our emotions and the emotional vibration in a positive way. So if you go through trauma, whether it's financial stress, abuse, any adverse childhood experience, your emotional body takes a hit and you start vibrating at a different frequency.

So your perception changes the narrative about you, about your self changes. You think I'm not good enough? I hate certain kind of people. My father did this, my mom did that, etc.

that narrative keeps you locked and stuck and small and exhausted. That's the unseen level. And that's happening vibrationally, right? And so when we do psychotherapy as well as homeopathy, so when we do psychotherapy, for example, and we can feel into that energy and we can feel the compensation that we're doing.

Yeah. And the story that we've created that is not serving our higher purpose. And we have enough support, love and compassion and kindness from somebody else to begin to let that go in a safe way.

The vibration starts to change and becomes lighter and healthier. Yeah. And similarly, homeopathy can go to that same place. Yeah. And shift the energy.

You can use homeopathy to heal trauma from the past as well as emotional vibration that you're carrying today. And once you vibration starts letting go of that dark space, the resentment, the guilt, the self-criticism, this, victimization and negative beliefs as well.

Then your physiology matches that. Yeah. Because your physiology is dependent. The manifestation of matter is dependent on the energy that creates the matter.

So then the physiology starts to change. The adrenal glands take a break from fight or flight. Right. The self attack stops because the language changes inside of you.

So the need to attack yourself or be in conflict with yourself lifts away. Right.

Affirmations, trauma, and permissioning emotions

And that's why you see a lot of deeper and more long term physical healing when the emotions shift, which is very different from saying affirmations. Yeah, yeah, this is a good distinction because people will say they say affirmations, but when you're saying affirmations, you're saying it from your adult self to your adult self in the mirror.

This is this is you're not going into that child's face that made these decisions and. Right. Yeah, that emotional body. You're not talking to the child.

You're not honoring the emotions that are going on. You know, you almost going against your natural emotions. So

sometimes affirmations are actually stressful because they feel like, gosh, there's something wrong with what I'm feeling.

So I got to say these positive sentences, yes, they can give you some stability in your mind and stop the panic or give you something to focus on, like a mantra.

But affirmations often don't heal the emotional pain and the trauma, right? And so what I prefer to do is allow the pain and the trauma to be seen, felt, acknowledged and loved.

And so I have an exercise. Sometimes I do with people, and I get them to basically hold their forehead and hold the back of their head. So it kind of creates a circuit in the brain.

And while doing that, I ask them to, you know, experiment with these sentences like it's safe for me to be exhausted from time to time. And those of you listening can try this as well.

You put your hands around your forehead and feel the emotion you're feeling. The quote unquote negative feeling. And you can say it's safe for me to feel worried or perplexed once in a while.

And take a moment and feel the change or the experience of that emotion without resisting it, without finding give it permission to live and let go on its own.

And then you can also see the positive side. It's safe for me to feel like letting go once in a while of this pain from time to time. So I add the words once in a while and from time to time at the end to give the psyche permission to experience and let go.

Yeah, at the same time. And that permission is really what people need in order to heal at a deeper level, not force healing, but permission. You know that you said in your bio that you do in Ya, so do I.

And what I've noticed in brain spotting in eMDR is that the mind will unfold what you know is ready to work with at the pace that it's ready to do it in.

And so by doing this right and giving and permissioning, it's like you're opening up a space like Rumi's field of beyond right doing and wrongdoing. Right where you say, I'll meet you there, I'll meet you there, my little one, and then all of you as welcome.

Right? All of you, all of these feelings, it's none of it will be judged. All of it is welcome. And that in and of itself is very healing, because how often in childhood where we not listened to, heard, or understood in our deepest feelings or able to express them right?

Yeah, there's a lot of shame around emotions. We try and fix quote unquote, what's quote unquote wrong in our experience, in our emotions, and that creates an inner conflict.

So the heart wants to do something, and then the ego says something else. And the the conflict between heart energy and ego is what creates inattention and disease.

Yeah. Because you're fighting against yourself. And that, I believe, also contributes a lot to autoimmunity. And a lot of books write about that as well.

Yeah. Autoimmunity is not only the negative self-talk about yourself, but it's the conflict between your high, like your ego or your intelligent mind and what your heart wants.

Yeah, especially when there's overwhelm and you cannot cope with the conflict anymore. Then you start breaking down your defenses, your boundaries start giving up, and then you go into what we call in homeopathy, the syphilitic Mayas and the self-destruction lines and.

So another thing that I've come to believe about autoimmune disease is, you know, when, when you're in conflict with yourself, of course there's no winner right here in a combative relationship with yourself.

There can be no winner in there. And moving into that compassionately curious collaboration with yourself is what we want to move to. And so that's where like creating the space Permissioning right?

Being able to, allow all to be present and loved without judgment. It's very, very important. There's a there's another space like in when I was talking about the punch of coaches. Right.

The energy body, there's the spiritual level of us.

Family constellations and ancestral belonging

And just depending on like oh doesn't there doesn't need to be a, there's no specific spiritual tradition or lineage or path that I'm pointing to. But whatever it is like, it can be your older, wiser self right?

That allows you to have a connection instead of feeling like you're completely isolated and alone on the planet, and that disconnection from your source of whatever you believe that to be, is a perception that causes illness to and getting to that's really important.

And I feel like in Family Constellations, that's a bit of what's happening. Yeah, yeah, I was just going to go there actually. Yeah. So that, in Family Constellations, we often talk about belonging.

Yeah. And the, the pain of the experience of not belonging and being excluded from a culture, a tribe, a family, you know, is is very painful. Suicidal, almost creates suicidal ideations for a lot of people and a lot of trauma.

And, so in constellations, we, we try and first of all acknowledge, yeah, all the secrets and, traumas that are happening to our ancestors. And through the acknowledgment, we give them a place in our heart.

Yeah. And the moment you give these traumas and experiences a place in your heart and say, I acknowledge this happen, but this is yours, dear grandfather.

For example, dear mom, I acknowledge that you carry this pain. I don't have to carry it for you. And I'm still included in this family as an innocent person, a bystander, as you carry your pain.

Yeah. So often we take on our mother's pain or our father's pain, our grandparents pain to try and belong a bit more. Yeah, because we think we need to rescue them and share the burden that's carrying the family.

And this then goes into chronic disease, anxiety, depression, fatigue. Right. And the certain healing sentences you can say to your family members to to let go of these burdens and still be included in the system.

Our biggest fear is not to be included. Yeah. So unlike even people to try and experiment, those of you listening, if you like, you know, think about the different.

First of all, imagine you're in a super safe space, you know, look around your room and just connect with something that gives you that sense of grounding and belonging.

And just feel that in your nervous system and different parts of your body. Feel the comfort. And then when you're ready, I'd like you to think about the different things that have happened in your system, in your family, in your culture.

It could be, you know, grandfather dying early or being part of the war, you know, or murder in the family, an abortion, a miscarriage, a betrayal. Yeah, an affair.

And just notice that you might get an inner tension, a resistance to that experience. Because sometimes we have

judgments to it. Yeah. Or sometimes we we just don't want to take it into the system or it gives us fear, anxiety, or we feel the heaviness.

All that is resistance to being light and letting go. And as you become aware of this, just try and see all these things as if it's their normal to happen in a system, a family system.

Because the earth is made up of billions of families and every system has, you know, some sort of perpetrator, a victim, a criminal, some do successful, some form of sexual abuse, physical abuse.

Yeah. And as you feel that the allowance of all these characters in a system, just notice how your body feels as you feel as you can accept these characters and these experiences in a system where you actually come from and are connected to.

Nice. And just feel if there's any experience of peace or judgment or change in your physiology. Right. Because sometimes we resist. Belonging. And yet we want to belong. We want to belong to something. Correct.

And we resist belonging to something detrimental. But that resistance creates an attachment in itself, an entanglement with what happened in the past.

And when we can look at all of this with love, without the fear of entanglement and say, okay, I come from the system, but I don't have to carry it or entangle with it.

There's certain energy that frees up in your system, in your body. I don't know if you feel what I'm talking about. Oh, yeah? Yeah. And that relaxation, that allowance will stop this inner conflict that you have with yourself.

You know, sometimes we blame our parents or our ancestors, etc.. And the moment we blame people in our system or the past, we go into inner conflict with our own energy.

And that creates disappointment, self-blame, grief, arthritis, autoimmune diseases. Yeah, that inner conflict. So as you, as you just allow your body and your soul to dip into this system with multiple characters and know that you don't have to take anything on from anybody and just allow them all to carry their own fate.

Yeah. And as you observe, you'll notice that your body will relax and you'll be letting go of shoulds or pressures. These are all invisible forces that come into our emotional body, into our psyche, into our spiritual body.

Yeah. For the sake of belonging. And you can still belong even if you kind of let go of the pressure of these influences. And that's what's going to create healing for you.

Noticed you have a lot of photos of your family around you. There. Yeah. It's my late mom there on my left. I actually often feel her. Thank you for seeing that. Yeah. Yeah.

Your constellations really clear right there that you've learned where to dip in. It's really lovely. Yeah I mean that just happened by well coincidence I guess, or whatever it is.

Right. That up there and different family members, different places. Yeah, yeah, yeah. The, the piece around, shaming and blaming and resisting, you know, you could say is the opposite energy of codependency.

Right. It's not a freedom. It's not interdependence. It's not individuated. It's not distinct energies.

Shining your light and healing family beliefs

So even though there's like a resistance of shunning or, I have to have you in order to live, it's like, it's like the same energy pointed in a different direction, like magnets.

In either way, it's going to cause illness. Yes. Yeah. It's it's it's because you're not feeling your groundedness, you

know, you are engaged with somebody else's story and you're entangled with what they should do or shouldn't do or what you need to do for them.

Right? So you're away from your sense of peace and connection to spirit and your own autonomy in a healthy way. I'm not saying you have to separate and reject people and be a loner.

Not at all. But you can live in harmony once you're healed inside in your heart and you have less shoulds. Yeah. For for the people in your lives. Yeah, there's a I, I actually experienced a near-death experience several years ago and, went out and was viewing the world, and it was like it had a grid of light, little bars of light, and a geometrical grid around it that was, part of the force field of life.

And each what I became aware of is each of the little lines in the geometry of light were each of us and, and some of them were lit up very brightly, and it was like a constellation, like nodes and then bars of light that connected and some of them were very dim and some dark.

And what I saw was it that we actually it's not optional for us to show up and do this. You know, I think it's vital for life, right, for, for each of us that we show up and we do this kind of work and this healing and, and don't hide our light as, as Christ said under a bushel, you know, that that we, we actually we don't draw or suck from another person's and we don't repel another person's right, otherwise the grid becomes imbalanced.

I came back realizing like how important each of us are to how important it is to individuate and how how essential we all are. Yeah. So I just want to kind of put that into that, because the constellation itself will be healthy when we're able to do just what Doctor Emmett said.

Yeah. Thank you Keisha. Yeah. What comes to mind is beliefs that prevent us from shining our light. Right. So we all have a light to shine. At the same time, we have beliefs from our parents, from our society, from our and the environment we grew up in that you shouldn't be like this or, I don't know that you're wrong or you have to behave a certain way or like you're not good enough.

And the funny thing is, when you grow up in that environment that gives you that information in order to belong, we carry those beliefs. It's like it's it's a strange thing.

It gives us pain and safety at the same time, a sense of belonging and connection to our memories. And there's a point when you do this healing that where you need to surrender to, to the light and give up these beliefs.

Yeah. And they will be a fear of not belonging anymore to your family system. Yeah. Or to your families, interjects as I call them. The interjects. You know, things you swallow from your family.

There will be a fear. But as you embody or as you surrender and you feel that it's possible to feel light and surrendered and part of your own higher self.

And still respect your parents and where they come from and say, you know what? Please look at me with love. Now this is a bit of family constellation sentences.

Please look at me with love and bless me as as I let go of your beliefs.

Free resources and closing invitation

Yeah. And your burdens and your pain. During the war, during starvation, during poverty, your struggles. And I embrace the light inside of me. Please look at me with love and bless me.

And you know, as long as I can still belong in this system, I can still shine my light. Yeah. And then when you taste your light and you see that it's it's not really in conflict with your parents beliefs or your society's beliefs that you can still live as part of society in your light.

It'll give you the strength to shine your light a bit more. Why am I saying this? Is because what I'm sensing is in the group, those listening. Some people are afraid of shining their light, and they're afraid of looking too big, or showing off, or standing out.

Yeah, there's a lot of beliefs around standing out. And that causes suffering and pain. Yeah, I hope that lands for someone listening energetically because that I just it just came to me to say that I definitely.

Well, yeah. Thank you so much. So I wanted to see if, I know you have a free gift for our audience. And do you want to say what that is? Yeah. So I believe in healing the five pillars of your health, which is gut health, liver, liver health with liver detox, adrenal fatigue, burnout, emotional trauma and ancestral trauma and negative beliefs.

So I've got a free online course that helps you go through those healing the gut, the liver, the adrenal system, negative beliefs and and trauma. Yeah.

It's on doctor Mi.com. That's dram.com.

Liver health, detox, and hormones

There's a free e-book there as well. And then my full online course covers more in-depth homeopathic remedies for anxiety, depression, trauma, backflow remedies.

You can use to heal your spiritual body. On my gut Healing Liver detox protocols, including homeopathy for the liver. So it's it's a whole system of medicine, physical medicine and energetic medicine and emotional healing exercises to heal the mind and body at the same time to ease your journey of spiritual, physical and emotional healing.

Beautiful. Thank you so much. Thank you. There anything that you want to leave that we haven't talked about in regards to healing energy, body. Also connect to your ancestors.

Don't forget them. That's the message I'm getting right now. The ancestors are powerful. They give, we come from there, and sometimes we reject ancestors, or we're ashamed of what they did.

And or there's ways of reconnecting with them without taking on their misdeeds, at the same time, giving them a place, a space in our field of energy, in our hearts so that we may grow from the ground up into our full being, into the full version of ourselves, so that we can be strong.

Yeah. So when we're busy rejecting life forces in our system, we actually make ourselves weak and small inside, because when we reject outside, it's actually a reflection of where we come from, from the inside.

Remember, the outside also exists behind this physical system, right? So be careful about what you reject and look for. Love amongst your family members and ancestors so that the inner parts of you can heal a bit more long term.

Beautiful. I always, whenever I do genetic testing for my patients, I always take them through, like how the liver works and the phase one and phase two and what we're up against, you know, when those two aren't working together.

Well, yeah, absolutely. So what happens is so our livers are inundated by pesticides, excessive medicines, additives, even just fumes from the air and what we're imbibing to our bodies. Right.

So our livers become sluggish to produce less bile, which which basically decreases your digestive powers, your detoxification powers, and it worsens leaky gut.

Okay, then liver controls hormones. So you go into hormonal imbalance. A lot of PMS issues are due to hormonal imbalance caused by liver stagnation, combined with inflammation.

Okay. And liver over breast tenderness related to hormones is from liver excitation. Absolutely right. As PMS symptoms, cramping, clotting that is often from liver stagnation.

And then liver affects hormones which also affect the mood. Right. So anxiety and depression I often see can be connected to liver stagnation weight gain weight gain for sure.

One is with toxicity and liver stagnation, you are basically your thyroid and your adrenal glands become more sluggish. So you're burning fat less effectively.

Number two, a lot of people don't realize, but a lot of weight gain is due to water retention. And so with toxicity you get more inflammation and therefore more cortisol imbalances.

And cortisol imbalances basically contribute to water retention as well. And insulin dysregulation which causes more fat storage. Right. So you can see how the liver is super important for weight loss, hormonal imbalance, mental health and chronic disease coming from inflammation and high cholesterol.

A lot of people know that their bump in cholesterol is often liver related. Yeah, because the liver has certain receptors that actually pull out. Yeah, the LDL from the blood and flushing, out of the body through bile.

And with liver stagnation, you're not pulling out the bad cholesterol and you're not metabolizing triglycerides effectively enough. Right. And so heart disease, cholesterol, even sleep is highly related to liver function.

What about that? Because some people are waking up between 2 and 3:00 in the morning and frustrated because they can't get back to sleep? Their liver just started trying to do its dumping process.

Right? Absolutely, absolutely. So in Chinese medicine, each organ is given a certain time, and between 2 and 3 is your liver time. And people are waking up in the middle of the night or having trouble sleeping usually have a cortisol imbalance that's coming from inflammation one and also liver stagnation.

Also the liver, because of its effect on progesterone, basically, people with liver stagnation usually have an imbalance of progesterone, usually low progesterone.

And we have a neurotransmitter called Gaba. Yeah. That requires progesterone to work well in the brain. So Gaba works better in your brain when you have healthy levels of progesterone.

And Gaba is important for reducing anxiety and helping with sleep. So women going through PMS symptoms and insomnia and sadness and anxiety is usually due to the effect of Gaba.

Yeah. So diminished effect efficacy of Gaba due to low progesterone which is coming from liver stagnation. And that low progesterone also make all of you ladies that are having this trouble have brain fog.

Exactly right. It's where you're forgetting where you put your keys and the words that you want to say. Exactly. So you got to make sure that both phases of your liver are working well.

Phase one and phase two. So for example, if phase one is working really well, but phase two is stagnant, when you see phase one actually creates toxic material that will build up in your body.

If phase two is not clearing it. Right. And that's why people might be sensitive to something like caffeine, for example, usually means phase two is not working well, right?

It's getting processed by phase one, but phase two is backed up. So the byproducts build up and you get anxiety with caffeine. That's one small example.

So it's important to have both phases together. And that's why I use homeopathy combined with herbs. Nice. I do want to also point out, another one when it comes to autoimmune disease, which is what the summit is, is for

reversing autoimmune disease is the phase one, phase two mismatched?

If they're not working together.

Safe detoxification and homeopathic support

Well, when, it's phase one, your cytochrome P450 pathway like cip1 B1, if you have a genetic problem with that and you're not eliminating and breaking down those estrogen mimicking chemicals, your own estrogen byproducts, right.

And you're not getting rid of those those build up and potentially is harmful for hydroxy estrogen metabolites, which can cause breast and cervical and uterine cancer, as well as the autoimmune diseases that, you know, it's so interesting because women are diagnosed with 80% of autoimmune diseases, you know, and you have to ask yourself, why.

And, you know, a lot of it is the stage and receptor piece, right? Hey, I didn't know that hormonal connection, but that's really good. So another reason why liver detox is super important for autoimmune.

Yeah, very very much so. Yeah. And then like the basic hormone piece around like you know 40 and 50 and 60 year olds that say I'm getting acne, what the heck.

Yeah. I'm not 18 anymore. What what's going on here? Right. Yeah. Very nervous stagnation. Absolutely. Because see, liver detoxifies and if your liver stagnant, your toxins have to come out of your skin one.

And then, of course, with liver stagnation, you get a hormonal imbalance. And often acne is due to a hormonal imbalance as well. So it's a combination of toxicity and hormonal imbalances.

So important I so appreciate you providing this really much needed information for people as they embark on this. You know, this pathway to health. And what I appreciate about homoeopathy and your work is.

Sometimes, like from an innovative medical standpoint, the the understanding is you're not supposed to detox unless your body is strong enough to manage it.

And a lot of people will be like, all right, I'm going to kill the bugs. I'm going to detox the heavy metals. I'm going to get rid of the mycotoxins, you know?

And it's just like this kill, kill, kill, detox, detox, detox. And it depletes the system so severely that you make yourself sicker, right? Yeah. Or release a whole bunch of stored toxins which do need to be eliminated, but they need to be eliminated in collaboration with your body.

Exactly. And that's the beauty of homeopathy, right? Your whole. It affects your whole energy field. So everything your body's doing, it's doing it together with other systems.

Yeah, right. So I find homeopathy to be a much safer way of detoxifying. And then you can introduce other herbs alongside with it. That's more synergistic to you to basically your metabolism, detoxification pathways.

And even when you introduce adrenal herbs, people who introduce adrenal herbs while delivers a toxic degree, too much eating their system and they get an aggravation.

Yeah. So by using homeopathy, I use homeopathy to relieve stress and trauma, which helps the adrenal glands, also to detoxify the liver, and then also introduce the herbs for the liver.

When you combine homeopathic herbs for liver and adrenals, then introducing adrenal herbs like ashwagandha, rhodiola, etc., becomes more useful to the body rather than aggravating.

Beautiful. Thank you so much. That's love. Thanks. All right, everybody, until next time. Be well.