

“Reacting is out of mind: responding is out of presence.” – Eckhart Tolle

Human Needs Through Sound: Sound Healing Meets Nonviolent Communication, Joe Dispenza, and Eckhart Tolle

This paper explores the fulfillment of our own needs through sound. Drawing on the teachings of Eckhart Tolle and his presence teachings, Marshall Rosenberg and Nonviolent Communication (NVC), as well as Joe Dispenza, who shows us how to reprogram our brains from scarcity to abundance.

The Story of Maggie

Let me tell you a story – the story of Maggie.

Maggie loved to sing as a child. Whether she was walking through the forest or playing with her rabbit, she sang. She sang to her dog, imitated the birds, and sometimes just sang for herself, in places where her voice echoed off the walls. She especially loved singing in the small bathroom, where her voice sounded beautiful. Sometimes, she would even bring an instrument. It made her happy.

Maggie's mother was often irritated and overwhelmed by what life brought her. Her father was usually absent, and when he was home, the parents often argued. Maggie compensated for this tension through singing and the company of her animals.

Today, Maggie is 40 years old. Since childhood, she has hardly sung at all. Over time, singing was forgotten in the rush of daily life. There's barely any time for it, and she is often stressed and surrounded by people. Occasionally, perhaps while driving or in the shower, she remembers singing. It feels like it used to: Her body relaxes, her soul is free, and heaviness gives way to lightness.

Maggie's story symbolizes the inner, intuitive healer we all carry within us. If we could truly allow children to be free and intuitive, while also providing them with a sense of protection and care, they would likely continue making sounds and singing throughout their lives. Simply because they intuitively know how healing it is. They would express their feelings this way – both the positive and the negative. These feelings would flow through them without becoming stuck or causing blockages or illnesses.

At least in theory. However, finding concrete evidence in practice is difficult. Because, when it comes to parenting, it is often unconscious, burdened, and reactive adults who are raising the little light beings.

Recognizing Needs and Taking Responsibility

How can we, as adults, take responsibility for our feelings and the underlying needs, and use our voice to shift from scarcity to abundance?

Background on Nonviolent Communication (NVC) by Marshall Rosenberg

Marshall Rosenberg explains that everything we say, do, or fail to do, is intended to fulfill a need. For example, when Maggie's mother says to her father, "You're never home," what she is really trying to communicate is, "I need support. I wish for community, family, to be seen and heard, and to be understood by you."

If Maggie's father responds by leaving immediately and slamming the door, what he is expressing is also a need: "I want to be seen in my effort to provide for the family. I need understanding and respect for my efforts, and recognition that I am doing my best."

Rosenberg explains that, when we recognize our own needs behind our words and actions, we can also recognize the needs of others. This creates human connections rather than separation, judgment, and pain.

According to Rosenberg, as children between the ages of 1 and 7, we develop certain behavioral strategies to meet our needs. Maggie's mother becomes accusatory when she needs support. Maggie's father withdraws when he wants to be seen. However, neither strategy leads to fulfilling the need.

To break out of this cycle, NVC teaches the practice of empathy: becoming aware of our own feelings and needs, empathizing with the other person, recognizing their needs, and then communicating with a concrete request. Only in this way can both parties' needs be heard, respected, and fulfilled.

There are two categories of human needs:

- **Social needs**, which we can only fulfill through connection with others, such as closeness, family, and community.
 - **Personal needs**, which we can fulfill on our own, such as fun, adventure, freedom, and nourishment.
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Sound as a Path from Scarcity to Abundance

So, how can we use sound to move from scarcity to abundance?

Think back to Maggie as a child: Her need for harmony and security, for warmth and ease, was often compromised by her parents' arguments. Her response to this was singing.

Joe Dispenza explains that the body cannot distinguish between real and imagined experiences. We can "think ourselves sick" by repeatedly thinking, "I'm going to get sick." Similarly, we can feel abundant by thinking, "I am rich," and this belief nourishes us – and it's even felt physically.

Maggie's mother may have carried the belief, "I must do everything on my own," while Maggie's father might have held the belief, "I'm never enough." These beliefs shape their behavior and are constantly reinforced by reality. But how can we break out of this cycle?

Dispenza uses frequencies to reprogram the brain and shift the body from scarcity to abundance – from the victim mode, which often triggers rigid fight-or-flight impulses, to inner peace. And all of this can happen, even if nothing changes in the external world.

An Exercise Path to Abundance Through Sound

- 1. Become aware of what is happening inside you.**
The easiest way to do this is by learning to feel your body. Stand up straight, close your eyes, and feel your feet making contact with the ground. If that's difficult, shift your weight and notice how your feet help you balance. Then, feel your hands – ask yourself, without looking: "How do I know I have hands?"
Feel your belly as it fills and empties with each breath.
- 2. Pay attention to your feelings.**
What do you feel?
What needs are behind these feelings? Is there a core need?
- 3. Visualize the unmet need.**
Imagine this need will never be fulfilled. You will always be in scarcity. How does that feel in your body? How does your breath change?
- 4. Now, imagine that your need is fully fulfilled.**
You are full and abundant in this need. How does that feel? How does your body and breath change?
- 5. Stay in this state of abundance.**
Stay connected to your body and feel where the need resides. What sound does this fulfilled need make? Start making that sound – perhaps first in your mind, then aloud, and gradually louder. Repeat the sound until it feels like your truth.
- 6. Trust that, on this frequency, you will receive what you send out.**
Those who send abundance, receive abundance. Those who send scarcity, get scarcity.

Sound in Practice: Maggie's Path

Maggie is cooking in the kitchen after work. She feels that pent-up emotions have settled in her body. Sometimes, she only notices them when the emotions burst out like a wave. But recently, she's become aware that, in every moment, she can choose to repeat the story of her parents – or she can, like in the past, turn on her inner healer.

She doesn't need to sit down for a long meditation. No, she can simply peel an onion and feel her body. Where do the feelings sit within her? What's behind them? What need wants to be fulfilled? And what would the fulfillment of that need sound like? Then, she just begins to sing – until scarcity turns into abundance.

This principle also works for social needs. If Maggie knows where the need for closeness resides in her body and what sound it makes, she can sound it until she feels fulfilled. And very likely, the external world will begin to align more toward closeness as well.

Sound Exercises

If you want to experiment with your voice, start with the vowel "A." Sing it out and let your body vibrate with the sound. Pay attention to where you feel the vibration. Then, try singing the "A" deeper into your belly area – perhaps into your root or sacral chakra. If that doesn't work, try using the vowel "O."

After each sound, be mindful of the silence and notice where the sound travels within your body. Let the "A" move upwards – to your heart, your throat, or between your eyes. Play with the tones and see how the sound feels in different places.

Your need „to be heard“ is likely most fulfilled by the vibrations in your throat. The need for „closeness“ might be more centered in your heart area. „Family“ and „community“ could reside somewhere between your heart and belly, and the desire „to be seen“ may manifest between your eyes.

If you have the time and inclination, go through the needs on the list and consider what sound might represent each need, and where that need is located in your body.

The most important thing is: Have fun and treat it as a playful exploration, a journey of discovery within yourself.

List of Human Needs

Here is a list of human needs, not exhaustive, but providing a good overview. Choose the need that resonates with you the most, especially if it's currently in scarcity, and try out what you've learned. Your goal is to experience abundance – in the now.

Self-Determination and Autonomy

- Determining what you do, how, when, and why (freedom, independence).
- Self-development, learning, and inner growth.
- Self-efficacy (belief in your ability to influence outcomes).

Integrity / Harmony with Oneself

- Self-responsibility.
- Authenticity (being true to oneself).
- Creativity.
- Meaningfulness (finding purpose).
- Self-worth and self-respect.
- Learning, maturing, and growing.
- Self-confidence.
- Self-acceptance.
- Self-care.
- Mindfulness, being awake, and being present.

Contributing to Enriching Life

- Caring for the well-being of loved ones.
- Ensuring survival (basic security and needs).
- Using one's own energy sensibly and productively.

Celebration

- The creation of a fulfilled life and the realization of dreams.
- Expressing the joy of life.
- Mourning, acknowledging losses, and farewells (such as the loss of loved ones, people, or dreams).

Spirituality

- Beauty and aesthetics.
- Harmony.
- Spiritual orientation and connection.
- Order and clarity.
- Inner peace.
- Healing.
- Awareness (being conscious and awake).
- Sense of life and meaningfulness.
- Spiritual home (feeling rooted and connected to a higher power or purpose).

Physical Health

- Air (breathing and the environment).
- Water (hydration and clean environment).
- Nourishment (food and sustenance).
- Movement (physical activity and exercise).
- Rest, relaxation, and sleep.
- Accommodation (a place to live and feel safe).
- Warmth (comfort and protection from the cold).
- Physical closeness and touch.
- Sex life (intimacy and sexual health).
- Protection from threatening creatures (predators, pathogens, insects, aggressive people).

Interdependence / Contact with Others

- Connection with others.
- Being understood.
- Understanding others.
- Harmonious relationships.
- Acceptance (being accepted as you are).
- Appreciation (feeling valued).
- Mindful, respectful interaction.
- Security (feeling safe within relationships).
- Celebration of community and belonging.
- Consideration of one's own needs.
- Empathy (feeling seen and heard).

- Sincere feedback and acknowledgment.
- Reliability.
- Trust (both given and received).
- The ability to trust others.
- Human warmth and closeness.
- Tenderness and loving care.
- Support (emotional, physical, and practical help).

Play

- Entertainment, adventure, and exploration.
- Ease (lightness, spontaneity, and enjoyment).
- Humor and laughter.

Additional Lists (Feelings when Needs Are Unfulfilled and Fulfilled)

- **Feelings when needs are unfulfilled:**
Fear, frustration, anger, loneliness, sadness, overwhelm, shame, disappointment.
 - **Feelings when needs are fulfilled:**
Optimism, joy, calmness, satisfaction, fulfillment, gratitude, love.
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