



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

EMBRACING YOUR EMPOWERMENT
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VERSE ONE

Every person on earth
 is gonna have some days
 When life delivers a punch in the gut.
 The more unfair,
 the more the urge to complain;
 With words infecting every wound and cut.

If you've found yourself playin' the victim role,
 Please don't assume it's a permanent gig.
 Do you want helplessness
 wrappin' its chains 'round you,
 Or would you rather dance a freedom jig?

CHORUS ONE

A sure-fire way to reclaim your life
 Is to release what's been holding you back.
 The shame and blame game
 only weighs you down,
 And keeps reminding you of what you lack.

It's your choice to prolong your pain,
 Giving victimhood your full consent.
 Instead, why don't you
 knock down those prison walls
 By embracing your empowerment?

Empowerment... It's heaven sent.
 No accident... Empowerment.

VERSE TWO

If someone does you wrong,
 you have every right
 To feel all the feelings you can feel.
 Anger, shock, grief, sadness, rage or despair...
 It's only human to resent a raw deal.

But when it lasts for years,
 it's time to nix all hope
 Of Rescue Rangers knockin' on your door.
 So, look your pain right in the eye,
 show it who is boss,
 With a kick-butt smile and a mighty roar!

CHORUS TWO

A sure-fire way to reclaim your life
 Is to release what's been holding you back.
 The shame and blame game
 only weighs you down,
 And keeps reminding you of what you lack.

It's your choice to move past your pain,
 Victory shouts replacing sad laments.
 Walk away from darkness right into the light,
 By embracing your empowerment,

Empowerment... It's heaven sent.
 No accident... Empowerment.

BRIDGE

When something or someone
 sucks the life out of you,
 No need to help 'em put that tune on repeat
 By playing it again and again in your head.
 Who wants to cry alone to mournful beats?

CHORUS THREE

A sure-fire way to reclaim your life
 Is to release what's been holding you back.
 The shame and blame game
 only weighs you down,
 And keeps reminding you of what you lack.

You have the power to stake your claim
 On a future free of pointless self-torment.
 Click your ruby heels together.
 One, two, three...
 And embrace your empowerment.

Empowerment... It's heaven sent.
 No accident. Empowerment.

Click your ruby heels together.
 One, two, three...
 And embrace your empowerment.

ABOUT THIS SONG—This was one of those songs that poured out of me like it had been waiting for years to emerge. Matching it up with 70's funk? A marriage made in heaven. Sometimes, in order to really feel a message deep in your bones, it needs to be delivered in a way that makes you want to jump up and down and dance around the room, while you raise a victorious fist in the air. We are pretty confident that is what is going to happen here. It is absolutely a given that no one gets out of this life without being significantly victimized at least once. For others, it might be multiple times a day, and for others, everywhere in between. If you see yourself in there somewhere, if you never got help getting past what happened to you, and/or if the resulting nervous system dysregulation has kept you stuck in a place of fear and insecurity, I'm here to tell you it need not define you or your future! Whatever wounds of injustice, pain, or sorrow you carry, I promise you God has a plan to help pull you through that, and slingshot you into a glorious future. Evidence of this exists everywhere, with some stunning examples for your personal inspiration. Study the lives of people like Louis Zamperini ("Unbroken"), Corrie Ten Boom ("The Hiding Place"), and Chris Williams. (Chris lost his wife, their unborn child, and two of his children in a car accident caused by a drunk driver. His story is the subject of the movie "Just Let Go.") Moving on doesn't mean it is all okay now, and you'll never feel pain anymore. It only means it doesn't define who you are for the rest of your life, nor does it mean you don't ever get to feel joy anymore. Because you CAN and you WILL... starting with a new mindset and the energy that comes from feeling the truth of your empowerment!

Alison

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Faith Squared =

FAITH in God multiplied by FAITH in your brain
and its miraculous innate ability to create true healing
and wholeness in body, spirit, mind and heart.

Experts in neuroplasticity compare the limbic system to an alarm system. When activated, it responds by flooding the body with cortisol, norepinephrine, and adrenaline. This better equips us to respond to danger... especially if we need to run away or defend ourselves. But when your brain is overwhelmed by major traumas and/or long-term stress, it may become locked into believing it must work even harder to protect you from danger, even when there is none. This state of over-vigilance - and the continuing flood of agitating chemicals that go with it - can cause a variety of problems. These include mental or emotional illnesses, very real manifestations of physical symptoms, and significant spiritual challenges.

But there is good news! Brains that become

wired to over-react to perceived threats CAN be rewired. Properly applied principles of neuroplasticity can turn fear into peace, despair into joy, and illness into health. The other good news is that every science-based tool used in this process is deeply rooted in the basic teachings of the gospel of Jesus Christ.

Our bodies-including our brains-were made in the image of God, with the built-in ability to heal! We just need to learn some specific tools for aligning our thoughts, words, emotions, intentions, and actions with this gift. Combine that alignment with faith in a loving God's desire for our wholeness and happiness... and Christ-centered brain-rewiring is ours.

Be transformed by the renewing of your minds... Romans 12:2

Faith Squared Music is written with the intention of you as a listener learning the songs well enough to sing along, so that your brain hears your own voice repeat these messages. The lyrics are crafted for compassionate self-directed brain-rewiring, delivered through music that we hope and pray just *feels good*. Let it renew and transform not only your mind... but your heart, body and soul.

PROVEN PRINCIPLES OF BRAIN REWIRING—IN HARMONY WITH THE GOSPEL OF JESUS CHRIST

Daily gratitude practices have transformative power - 2 Cor 4:15, Psalm 147 & 100 & 92:1 & 95:1-2, Col 3:15, Rev 7:12
Meditation & prayer invite & expand healing & peace - 1 Tim 4:15, Phil 4:6-7, James 5:13-15, Eph 6:18, John 17, Matt 6:6
Use thoughts, words, & actions with intention - Prov 23:7, Heb 4:12, 1 Thes 1:5 & 3:12, Acts 11:23, Phil 4:8, Mark 4:14
Mindfulness & using our senses creates awareness - 2 Pet 3:1&2, Matt 13:16, Rom 10:17-18, Heb 5:14, Matt 12:34-35
Forgiveness of self and others is crucial to healing - John 1:29, Matt 6:14, Luke 11:14, Eph 4:32, John 1:9, Mark 2:4-12
Self-care practices are vital to personal well-being - 1 Cor 12:12 & 25, 3 John 1:2, Acts 27:34, 1 Cor 6:19-20, Mark 6:31
Service to others increases confidence & self-worth - Isa 58:7-8, Prov 28:27, 1 Pet 4:8-10, Mark 10:42-45, Matt 25:45-40
Caring relationships add meaning and value to our lives - Prov 18:24, Eph 4:32, 1 Thes 5:11, John 15:9-17, 1 Cor 13:4-7
Connecting w/nature needs to be part of our healing - Luke 6:12, Jn 18:1, Ps 118:24, Job 38:7, Gen 1, Ex 19:3, Acts 16:13
We must choose taking responsibility over victimhood - Heb 12:6-7, Luke 15, John 5:5-9, Gal 6:4-5, 2 Cor 9:6, Luke 22:42
Repeating affirmations shapes perceptions & possibilities - Luke 18:27, Prov 4:23, Mark 4:39, Gen 1:3, 1 Pet 2:9, Ps 19:14
Emotions, beliefs, & expectations create your reality - Heb 4:3 & 16, 3:14, 12:2, Matt 15:28, 21:22, Eph 6:16-17, Jn 17:13
Joy is found in visualizing righteous desires - Heb 9:14, Matt 6:21, 17:20, Prov 13:12-19, 29:18, John 16:24, Ps 5:1-3 & 11
Love & light bring energy, connection & hope - Matt 11:28-30, 13:43, 5:14-16, Eph 5:8, 2 Cor. 5:17, Rev 3:20, Ja 1:17

Col 1:16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.