



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

NEVER A STRAIGHT SHOT

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VERSE ONE

So many times, I've thought
How great it would be
To enjoy a straight shot
Toward my destiny.
But I've learned to embrace
How it's out of my hands.
Real life's what takes place
While you're making other plans.

CHORUS

It's never a straight shot,
Seldom a smooth ride,
"X" rarely marks the spot,
It's hardly ever cut and dried.
So, I temper expectations
Of accomplishments and cures
With calm accommodations
For roadblocks and detours.

VERSE TWO

Adopting open stances,
Greeting challenges with grace,
Transforms battles into dances
That enlighten my space.
Each obstacle can show me
Lessons I need to learn.
I watch just how they grow me,
Each zig zag and u-turn.

CHORUS

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BRIDGE

The fact of the matter is
Some of my greatest revelations
Came from painful detours
And distressing complications.
And since I've come this far
It's clear I can do hard things;
The more triumphs on my radar,
The more my scars turn into wings.

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ABOUT THIS SONG—There are a lot of life analogies that apply to the process of brain-rewiring AND THIS IS A BIG ONE! Gargantuan, even. It's one thing to cancel a long-scheduled dentist appointment because your car breaks down. It's another thing to think you're healing your brain with the elimination of one neuroplastic symptom, just to be slammed with return of an old one. Or even more interesting... a completely new one makes an appearance overnight. This not-so-fun game of Whack-a-Mole is a very common occurrence with folks addressing limbic system dysfunction. Some experts in the field call it the "symptom imperative." Basically your brain decides that if you are no longer paying close attention to a symptom it created to protect you (from a perceived threat), it will get creative about how next to REALLY get your attention. This happened to me (Alison—the lyricist) countless times... and for YEARS I had no idea what the heck was going on! Not only have I learned to recognize it, more importantly, I've learned not to freak out about it. Like the cattle who know to lean into the storm instead of running from it, the storm passes more quickly when you stay calm. The strong reaction, the fear, the Googling of the symptoms... all of that just reinforces the fear and tells the brain to ramp things up even more. So next time your car breaks down on the way to an appointment, or you wake up with a pain in your left knee instead of your right, sing this little ditty about calm accommodations, smile, and tell yourself, "This too, shall pass."

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.