



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

NEW PATHWAYS IN MY BRAIN

© 2025 by Faith Squared Music

VERSE ONE

Hey, brain! Sit down and buckle up!
Old habits we will now disrupt.
They've called the tune for far too long,
Time for fresher beats in a brand new song.

That job of keepin' me alive,
In the past, kept you in overdrive;
Slammin' my mind, and body, too...
With messages that were untrue.

I'm oh, so glad, that's over now,
'Cause I have learned exactly how
To say good-bye to dramas past.
I've seen the light, shinin' down at last!

Outdated wiring in this brain
Must take the blame for that stress and strain.
It's time to put that mess to rest
With a choice, that (uuh!), is just the best!

An epic choice! Divinely inspired;
This brain of mine is getting rewired!
So long to neural pathways blue...
Yo! New paths! How do you do?!

CHORUS

There is hope, life, beauty and simplicity
In jammin' with neuroplasticity
To erase and replace toxicity
With a multiplicity of authenticity.

Are you inquiring 'bout my brain rewiring?
'Cause I'm acquiring what I'm desiring.
It's so inspiring what is transpiring.
I'm never retiring from brain rewiring...
New pathways in my brain, yeah...
New pathways in my brain, yeah...

VERSE TWO

But first, how about the highs five due
That inner limbic munchkin doing kung fu?
The way they stepped up to the plate...
Uh-huh, I really do appreciate.

Working overtime both day and night,
Trying crazy hard to just get it right...
Without the tools and help they needed.
Yeah, they kept on pluggin', ev'ry warning heeded.

The alerts they issued to protect
My safety, have earned my respect.
But no need to take it all so seriously,
Causin' systems to react deliriously.

Little limbic me! Bring it in! Here's a hug.
Don't you know that it's time to push some new drugs?
'Cause my nervous system and adrenal glands
Feed me chemicals of stress that get out of hand.

Instead, how about some oxytocin...
Dopamine, endorphins, and serotonin?
Yes, you and I both must now employ
New tools quite certain to summon up joy!

CHORUS

There is hope, life, beauty and simplicity
In jammin' with neuroplasticity
To erase and replace toxicity
With a multiplicity of authenticity.

Are you inquiring 'bout my brain rewiring?
'Cause I'm acquiring what I'm desiring.
It's so inspiring what is transpiring.
I'm never retiring from brain rewiring...
New pathways in my brain, yeah...
New pathways in my brain, yeah...

VERSE THREE

Congrats to me! Kudos galore!
'Cause an epic transformation is now in store.
Way to go, brain! Wow! You Rock!
You've seized the day! So, let's take stock...

Sweet words and emotions... we understand
(With the man upstairs to lend a hand)
Prompt windows of heaven to open wide,
Sending healing and joy down deep inside.

Breathe in the air, take in the view...
Switch it up now, then take your cue
To step on the stage of a life that's about
An enlightened path from here on out.

So now, it's time to just let go...
Step back, relax, go with the flow.
An abundant future is now in sight...
Manifesting joy, both left and right.

Great days ahead, so set your sights
On rising up to brand new heights!
A reprogrammed brain we now create,
So let's you and I go celebrate!

CHORUS

There is hope, life, beauty and simplicity
In jammin' with neuroplasticity
To erase and replace toxicity
With a multiplicity of authenticity.

Are you inquiring 'bout my brain rewiring?
'Cause I'm acquiring what I'm desiring.
It's so inspiring what is transpiring.
I'm never retiring from brain rewiring...
New pathways in my brain, mmmm...
Repeat...

ABOUT THIS SONG—Is this the first rap song that is A) a musical education about the process of brain-rewiring, and B) a tool with messages that actually help you perform that rewiring? We believe so, and it's about time! There are a whole lot of sound scientific principles & practices jammed into these lyrics about jammin'. For instance: the importance of confidently telling your brain that your nervous system dysregulation is soon to become a thing of the past; understanding that damaging chemicals released when you're stuck in prolonged fight or flight can be replaced with healing chemicals by the intentional creation of joyful emotions; self-compassion in reaffirming that your limbic system isn't broken, it is just working too hard and needs some comfort and reassurances of safety so it can calm down naturally; the power of repetition to create the new neural pathways; the power of celebrating success and progress in your journey; and finally, the importance of greeting the future with faith, joy, and hope. Combining all of that with a hip hop beat and a delivery that feels like a defiant declaration of freedom? It might be just what you need to take your rewiring to the next level.

Alison

Copyright 2025—Young@Heart, LLC

<https://faith-squared.com/> faithsquaredmusic@gmail.com

<https://faithsquaredmusic.bandcamp.com>

www.youtube.com/@FaithSquaredMusic





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.