



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

SOARING ON EAGLES' WINGS

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VERSE 1

I want the world to hear today
the joy that I'm expressing,
Recognizing how these words
now shape my destiny;
With heart and voice, I manifest
a host of promised blessings
Through the faith I have in God,
and the faith He has in me.
In gratitude I loudly praise
the Father and His Son,
Thankful that their love and light
through me today are shining.
Kind thoughts and words and feelings
shape my actions, till each one,
True purpose and intention prove;
my faith and works aligning.

CHORUS 1

The Lord accepts my efforts,
and He wants me to succeed.
He guides me through the ups and downs,
and sends me what I need:
Insight, patience, charity,
wisdom, peace, and grace,
Confidence that heaven cheers
my victory in this place!
Each day renewing my all my strength...
Soaring on eagles' wings!

VERSE 2

The past is past; now newly seen
through tears of grateful praise
For lessons learned, and respite earned
from all that didn't serve me.
Rejoicing in the cleansing power
that strengthens all my days,
My body, spirit, mind, and heart
are healed as He preserves me.
Nurturing my highest self
in clarity I'm gaining,
I watch God magnifying
all the labors of my hands.
Shared fruits come forth
as I step into futures I'm obtaining;
As His anointed child,
I seize my role in His great plan!

CHORUS 2

Boldly now, in fervent faith
I come before His throne,
Knowing that He sees my heart
is His and His alone!
Poised to help prepare this world
for Christ's millennial glory,
I claim the promised aid
to write my chapters in that story.
Each day renewing my all my strength...
Soaring on eagles' wings!

VERSE 3

I know while building Zion,
thongs of angels carry me;
Delivering the help I need,
despite what may befall.
As I keep my eyes on Jesus,
I trust in His guarantee
That it will all be worth it
when I'm faithful to His call.
Loved ones here on this green earth,
and in realms beyond the veil,
Strangers I will one day know
as long-awaited friends,
Will all be touched by how, today,
my strength and hope prevail,
Bringing forth eternal blessings
in increase that never ends.

CHORUS 3

So, hear me now, as I affirm
intentions for this day,
Singing into life the sacred faith
that lights my way.
I spread my eagle's wings,
and soar up into azure skies...
Knowing in my heart
that God's the author of my prize.
Each day renewing my all my strength...
Soaring on eagles' wings!
Each day renewing my all my strength...
Soaring on eagles' wings!

ABOUT THIS SONG — I once had a deeply personal spiritual experience at a time when I was very ill... struggling to see the light while in a very dark place. God gave me a promise that someday I would not just be okay again, I would soar. Fast forward a couple of years to a time when I was standing next to a river in the mountains, meditating and visualizing... imagining myself as an eagle flying right up that river, beautifully lined with magnificent green trees. I created in myself the joy such flight would cause my soul to feel. My eyes were closed, but suddenly I had the thought of opening them. I did. And I saw an actual eagle right flying over the river directly in front of me, just as I had envisioned, not 15 feet away. There is a reason Isaiah 40:31 is such a favorite with so many. "Those who trust in the Lord will renew their strength; *they will soar on wings like eagles*; they will run and not become weary, they will walk and not faint." The healing that I have experienced since I felt so trapped in that dark, dark place feels miraculous. My faith in God and His faith in me gave me just what I needed to discover and walk a path of transformation. You can claim the same for yourself. *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.