



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

THAT'S WHAT IT'S ALL ABOUT

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Verse One

What's my take today on the rising sun?
Opportunity or an urge to run?
Resigning self to suffering or loads of fun?
Shrinking in the shadows
or struttin' in the sun?
Whatever happened yesterday
is in the past.
Regrets about mistakes don't need to last.
Emotions once in charge left me downcast.
But roles they played before
now can be recast.

Chorus

'Cause today is the day I will go all out,
Shakin' up my world with
how I sing and shout;
About shapin' up my faith
to replace my doubt;
'Cause now I know that's what it's all about.
All about! (All about!)
Go all out! (Go all out!)
No more doubt! (No more doubt!)
Sing and shout! (Yes, shout!)

Verse Two

January first is top of the charts
For universal vows to make fresh starts.
But I can use my mind and a hopeful heart
To turn each new day into a work of art.
I don't have to wait until New Year's Day
To resolve to infuse my work with play;
View challenges as routes to big paydays;
Dancing to the beat of some holy heydays.

Chorus

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All about! (All about!)
Go all out! (Go all out!)
No more doubt! (No more doubt!)
Sing and shout! (Yes, shout!)

Bridge One

All my days may not be perfect
or fancy or fine.
Sometimes I spill the paint
and draw outside the lines.
But hey! The risks I take are
of my own design.
And all the lessons I learn,
I gladly claim 'em as mine.

Verse Three

No longer is my faith asleep at the wheel,
Allowing old habits to dictate how I feel;
'Cause faith in God and self
is a pretty big deal.
The way it's changin' me is almost unreal.
Now the sunrise is my cue
to take center stage;
Use my strength and purpose
to write a new page.
No matter my condition
and no matter my age,
On your mark, get set,
get ready - ENGAGE!

Chorus

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Shakin' up my world with
how I sing and shout;
About shapin' up my faith
to replace my doubt;
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All about! (All about!)
Go all out! (Go all out!)
No more doubt! (No more doubt!)
Sing and shout! (Yes, shout!)

Bridge Two

Today intention and creativeness
hold their sway
In smart delicious choices at life's buffet.
With options spread before me
in stunning display,
I manifest the answers to the prayers I pray.

Chorus

'Cause today is the day I will go all out,
Shakin' up my world with
how I sing and shout;
About shapin' up my faith
to replace my doubt;
'Cause now I know that's what it's all about.
All about! (All about!)
Go all out! (Go all out!)

ABOUT THIS SONG—Confession. I wrote these lyrics for me, at least originally. I wanted to coach myself into starting my days off empowered and hopeful. I've learned that a big part of brain-rewiring is understanding that you have the power to rewrite your own story, reshape your own narrative. And the way each day unfolds, with your decisions (conscious or otherwise) to dwell in a difficult past or lean into a better future is greatly influenced by how you greet that day. The way you feel about waking up in the morning and tackling another 24 hours of your life can have a HUGE impact on *everything*. The science of neuroplasticity shows how our words, thoughts, actions, and mindset have a huge influence on our emotional state, which can then positively influence thoughts, words, actions, and mindset. Aha! Downward spirals can be deliberately turned into upward spirals! Your choice. (NOTE: I've been collecting upbeat songs to help me start my days off right for a while. Listening to them makes a huge difference. It has helped turn me into a morning person. And THAT, my friends, IS a miracle!) *Alison*

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

<https://faithsquaredmusic.bandcamp.com>

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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.