



# Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

## THE REARVIEW MIRROR

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### VERSE ONE

It seems pretty obvious that you and I  
Ought to direct our gaze  
Toward where we're headed,  
today, right now,  
Instead of lockin' in on tragic yesterdays.

Our todays and tomorrows  
take planning and prayer  
If we're hopin' to spread our wings.  
So, why in the heck  
should we keep cranin' our necks  
To get a better view of painful things?

### CHORUS

'Cause there's a very good reason  
that the car's windshield  
Is bigger than the rearview mirror.  
It just makes sense  
to keep your eyes on the road  
So you know which way to steer.

If you keep obsessin'  
'bout where you've been  
You'll miss the magic of now and here.  
Yes, there's a very good reason  
that the car's windshield  
Is bigger than the rearview mirror.

### VERSE TWO

Now I'm not sayin' we should disregard  
Emotions that have been repressed,  
'Cause feelings that get buried alive  
don't die,  
And really ought to be addressed.

Let 'em out to do their thing,  
then let 'em go.  
'Cause even if it takes a while,  
It's better than bein' stuck  
in that Egyptian river,  
You know, the one they call De Nile.

### CHORUS

'Cause there's a very good reason  
that the car's windshield  
Is bigger than the rearview mirror.  
It just makes sense  
to keep your eyes on the road  
So you know which way to steer.

If you keep obsessin'  
'bout where you've been  
You'll miss the magic of now and here.  
Yes, there's a very good reason  
that the car's windshield  
Is bigger than the rearview mirror.

### BRIDGE

You can't change the past  
or make it go away,  
By stewin' on it, hour after hour.  
You're only gluein' down  
unwanted welcome mats,  
'Cause your focus on it gives it more power.

Traumas and mistakes of yesterday  
Don't have to have the final word  
On who and what you are,  
and who you will become,  
Why, folks! That's just absurd!

### VERSE THREE

So, let's all decide we have the upper hand  
Sittin' here, in the driver's seat.  
Placin' our attention in the right direction  
Makes the future look mighty sweet.

Will the stuff that hurt you  
make you stronger or not?  
Well, folks... that depends on you.  
You can hold on tight,  
or let it go, and take flight.  
And watch your car handle like its brand new.

### CHORUS

Cause there's a very good reason  
that the car's windshield  
Is bigger than the rearview mirror.  
It just makes sense  
to keep your eyes on the road  
So you know which way to steer.

If you keep obsessin'  
'bout where you've been  
You'll miss the magic of now and here.  
Yes, there's a very good reason  
that the car's windshield  
Is bigger than the rearview mirror.  
Oh, Yes! There's a very good reason  
that the car's windshield  
Is bigger than the rearview mirror.

**ABOUT THIS SONG**—Self-directed neuroplasticity doesn't have to be serious all the time. As a matter of fact, throwing in some reasons to smile now and then is highly recommended. Hence the chosen style of showtune. (If it makes you want to rustle up a hat and cane, total bonus. I like to think that if Meredith Wilson had a chance to listen, he'd approve.) The subject of these lyrics will likely hit close to home for a lot of people. Past mistakes, abuse, tragedies, and grief will often come to define us if we don't learn how to rise above it and move beyond it. Remember, YOU have the power to rewrite your story into a narrative of hope and joy... every single day. But it won't happen if you take the emotions of past with you in all you think, say, do, and feel. Discover the magic of changing your focus! Wonderful things await when you do. *Alison*  
(Please know that I understand this song is NOT going to be your cup of tea if you are currently in a big-time crisis mode for whatever reason. If that is the case, you can ignore it or even hate it, with my blessing. That is okay! There was a time it would have totally rubbed me the wrong way. I get it. Maybe someday you'll feel differently. And THAT is something to look forward to.)

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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.