



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

WE ARE ALL CONNECTED

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VERSE ONE

A message suddenly appears
From a loved one, gone too soon....
A bird, a song, a mountain scene,
Or quiet whisp'ings of the moon;
Believing that a friendship's start
Is something you both know,
Then gasping when you learn that
Your paths crossed once, long ago...

CHORUS

Within the light of Christ,
We are all connected.
In its divine illumination,
We are all directed.
In ways both known and unexpected,
Our interwoven lives are all affected...
For within the light of Christ,
We are all connected.

VERSE TWO

The bond between two souls
Who shared a womb at birth;
New connections solely based
On love for Mother Earth;
Tears seen in another's eyes,
Prompt your response in kind;
Wisdom shared by those who care
Brings new insight to your mind...

CHORUS

Within the light of Christ,
We are all connected.
In its divine illumination,
We are all directed.
In ways both known and unexpected,
Our interwoven lives are all affected...
For within the light of Christ,
We are all connected.

VERSE THREE

You've barely even said hello,
To a new, yet long-lost friend;
Chance meetings bring a search
For needed answers to an end;
A baby beams at a photograph,
Of a grandparent long past;
Instant knowledge of a child in pain
Transcends distances so vast...

BRIDGE

Though earnest scientists may measure
This web of love and hope we treasure
They can't see the power
Of this wondrous force
Until they fully recognize the source...

CHORUS

Within the light of Christ,
We are all connected.
In its divine illumination,
We are all perfected.
In ways both known and unexpected,
Our interwoven lives are all affected...
For within the light of Christ,
We are all connected.

VERSE FOUR

Despite the years, you know it's them
Before the telephone rings;
Strangers lend their harmony
To songs you happen to sing;
A message from an unborn child
In the stillness of the night;
Stories told by those who've died,
And returned to speak of light...

CHORUS

Within the light of Christ,
We are all connected.
In its divine illumination,
We are all perfected.
In ways both known and unexpected,
Our interwoven lives are all affected...
For within the light of Christ,
We are all connected.
Yes, within the light of Christ,
We are all connected.

ABOUT THIS SONG—Some of the ways that the quantum field has been described include: A) a web of pure energy that connects all living things and responds to our observations and intentions, B) having the property of demonstrating instantaneous communication between harmonious points, C) a place where all possibilities exist simultaneously, D) pure consciousness, and E) all-encompassing love and compassion that holds the universe together. Learning about this for first time not long ago convinced me that is quite simply the light of Christ. The study of quantum mechanics has scientists all over the world digging deeper and deeper into the world of sub-atomic particles, while also convincing Christian authors and scholars to write volumes on it's demonstration of intelligent design by a loving God. No matter where you stand on all of that, it is hard to not shake your heads in wonder at those occasional "coincidences" that defy logic. Who doesn't have a story to tell of an unexpected connection to someone that took their breath away and couldn't be explained? How wonderful that efforts to see and celebrate such miraculous events brings more of them into our lives every time.

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.