



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

CELLULAR HEALING

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VERSE ONE

I now breathe in celestial light,
Sent with great love from on high,
It slowly pours into my lungs and my heart,
While releasing all else with a sigh.
As I'm breathing in this celestial light,
That's endowed with vast heavenly power,
I feel it spread now from my head to my toes,
Bringing healing to me in this hour.

CHORUS

I'm calling now on powers
both innate and divine,
To touch this earthly temple
in its awesome design...
My desire for wholeness,
with His will, I see aligned,
In perfect cellular healing,
I'm embracing now as mine.

VERSE TWO

Each tiny particle finds its own way,
In mission calls carefully heeded...
Bringing sweet healing & true wholeness now,
To each place inside me where it's needed.
Like soldiers of light, on purposeful paths
The glittering throngs start to sing
Of the power of Jesus and His love for me
In the healing this vision now brings.

CHORUS

I'm calling now on powers
both innate and divine,
To touch this earthly temple
in its awesome design...
My desire for wholeness,
with His will, I see aligned,
In perfect cellular healing,
I'm embracing now as mine.

BRIDGE

I see hands of angels that dwell there within
The center of each twinkling light...
Their touch now erases & soothes away pain,
Repairing and making things right.
And all imperfections, no matter how small,
Soon disappear with each caress...
Until health and vitality surge & spring forth,
Bearing witness to how I am blessed.

VERSE THREE

Throughout my organs, my tissues, & bones,
Each cell rests now in gratitude sweet,
While a song in my heart, my body and soul
Weep with joy when the cleansing's complete.
The light now embraces each cell
that's been healed,
Imparting a shielding of love
That remains and encases
the strong glowing cells
With celestial light sent from above.

CHORUS

I'm calling now on powers
both innate and divine,
To touch this earthly temple
in its awesome design...
My desire for wholeness,
with His will, I see aligned,
In perfect cellular healing,
I'm embracing now as mine.

CHORUS TAG

Then after my angels
acknowledge my thanks,
They whisper sweet words in my ear,
"Dear one, God sent us down
just for you.
If you need us again...
We will be right here."

ABOUT THIS SONG—It was a couple of years ago that I came up with this concept of visualizing ministering angels using heaven-sent light to physically heal me on a cellular level. It resonated immediately. I then wrote the words simply as an affirmation poem that I spoke out loud to myself repeatedly, with inspiring instrumental music playing in the background. I had many spiritual experiences doing so, and have no doubt that it played a role in my recovery journey.

When we created our Faith Squared web site, we added some AI images and included "Cellular Healing" as one of the affirmations on the TOOLS page. Then recently, I came across some meditations and success stories built around speaking healing to our cells, and the marvelous power in that regular intentional practice. I realized I was on to something. However, I did not see anyone who had actually created a meditative song, with the words directed toward cellular healing sung. The next step was obvious, and here we have Faith Squared Music's first visualization song. Am I the first to do this? I don't know. If I am... I hope I'll inspire others to do more of the same. After all... it all started when God said, "Let there be light." And there was light.

What's really important here is that I continue to do what I can to contribute to this movement of providing people with real tools, easily accessible, that will help them along their paths of using self-directed neuroplasticity. We can ALL find our empowerment in these practices... learning to calm down a dysregulated nervous system, and giving the body, heart, and mind a sense of safety that opens the door for healing, peace, and wholeness.

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.