



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

MAGIC IN THE MUSIC

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VERSE ONE

It happens on the stage,
It happens on the street,
It happens in the kitchen,
Any place you hear the beat.
All you know is when it happens,
And you start to feel the heat,
You can't deny that rising urge
To get up and move your feet.
It might just be some drums,
Or a piano and guitar,
It might come from the folks next door,
Or a rising superstar.
Ooh, the energy that takes you,
And the pure unbridled joy
In the moment when the DJ shouts,
"Come on! Let's make some noise!"

CHORUS

There's MAGIC in the music,
MAGIC in the dance,
MAGIC in the beat
That tells your feet to take a chance.
We don't need Abracadabra
To amuse and fascinate,
Just our bodies and some music
And that (UH!) Five, six, seven, eight!

VERSE TWO

It happens in the afternoon,
It happens in the night,
It happens in the morning,
There's no time that isn't right.
Even if you're feelin' lonesome,
Even if you're feelin' sad,
Even if you're feelin' that this day's,
The worst you've ever had.
You know there's MAGIC waitin'
To wash all that away;
A remedy that never fails you,
When the rhythm has its say.
You'll find it in the movement,
And the sounds that fill your ears,
In the way your body feels
When favorite jams roll back the years!

CHORUS

There's MAGIC in the music,
MAGIC in the dance,
MAGIC in the beat
That tells your feet to take a chance.
We don't need Abracadabra
To amuse and fascinate,
Just our bodies and some music
And that (UH!) Five, six, seven, eight!

BRIDGE

Hocus pocus! Sim sala bim!
Presto! Alacazam!
Open sesame! Bibbidi, bobbidi
BOOM! Bim bobbidi BAM!
Those words can't hold a candle
To the MAGIC we create
With our bodies and the music,
And that (UH!) Five, six, seven, eight!

CHORUS

There's MAGIC in the music,
MAGIC in the dance,
MAGIC in the beat
That tells your feet to take a chance.

We don't need Abracadabra
To amuse and fascinate,
Just our bodies and some music
And that (UH!) Five, six, seven, eight!

BRIDGE

Hocus pocus! Sim sala bim!
Presto! Alacazam!
Open sesame! Bibbidi, bobbidi
BOOM! Bim bobbidi BAM!
Those words can't hold a candle
To the MAGIC we create
With our bodies and the music,
And that (UH!) Five, six, seven, eight!

CHORUS

There's MAGIC in the music,
MAGIC in the dance,
MAGIC in the beat
That tells your feet to take a chance.
We don't need "Abracadabra"
To amuse and fascinate,
Just our bodies and some music
And that (UH!) Five, six, seven, eight!

ABOUT THIS SONG— This might be the first of our songs that doesn't specifically address some principle of brain-rewiring... because dancing freely to a happy beat, with energizing uplifting words, IS A TOTAL BRAIN-REWIRING TOOL in and of itself. I've often said that dance is my favorite "drug," and that statement stands today. No matter what mood I'm in... moving to music I love ALWAYS helps me feel better and more optimistic about myself and my life. Something truly magical happens when dancers connect with a song, and our bodies are allowed to express our emotions... especially the emotion of joy. Speaking of which... joy needs to get a bigger spotlight in terms of the role it plays in healing neuroplastic symptoms. So does dance. Sounds like a cue for more danceable songs coming your way. *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.