



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

YOUR BRAIN IS LISTENING

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VERSE ONE

Brain talk is hap'nin' around the clock
With everything we think and do and say.
When it's focused on the fear, well... don't be surprised,
If results of that emerge in full display;
Alarm signals echoing again and again,
Worst case scenarios foreseen with constant dread.
Loose lips may sink ships, but they also take snips
At your ability to mind what going on inside your head...

CHORUS ONE

'Cause....
First you think a thought, then you say it out loud,
Then you feel the fear, then your courage is cowed.
Just because you think it, doesn't mean that it's true,
And wrapping it in worry helps the damage accrue.
But you could choose instead, to just figure it out...
How thoughts & words & feelings have incredible clout.
So, take notice of the messages you're sending your brain.
Then stop yourself before you give the chaos full rein.
Because, Hey! Guess what?
Your brain is listening.

VERSE TWO

Reactions and responses every night and day...
It all adds up for either good or ill.
Sustaining and promoting all the stuff you don't want
Creates a very painful life playbill.
So, which came first, folks? The chicken or the egg?
That debate has raged for years and years.
Are you clenched because you're worried,
or worried 'cause you're clenched?
'Round and 'round you go,
when you're a slave to your fears...

CHORUS TWO

'Cause....
First you think a thought, then you say it out loud,
Then you feel the fear, then your courage is cowed.
Just because you think it, doesn't mean that it's true,
And wrapping it in worry helps the damage accrue.
But you could choose instead, to just figure it out...
How thoughts & words & feelings have incredible clout.
So, take notice of the messages you're sending your brain.
Then stop yourself before you give the chaos full rein.
Because, Hey! Guess what?
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BRIDGE

It's not just your words, folks... it's the kit and kaboodle.
Body language, frowns and sighs
go straight to your noodle.
Your brain talk matters, and you can take control.
'Talkin' safety to your noggin, healin' heart and soul.

VERSE THREE

Do I sing because I'm happy,
Or am I happy 'cause I sing?
This brain talk magic, yeah... it works both ways.
That grey stuff in your skull can do a one-eighty turn,
If you feed it hope with eagerness and praise.
So walk the walk, talk the talk, and focus your intent
On roads that lead bright and sunny days.
You can write a different story
Filled with days of future glory
As you build new neural pathways that
astound and amaze ...

CHORUS THREE

Just....
Think a cheerful thought, and then say it out loud,
Feed yourself some joy, and you've done yourself proud.
Thinking it and saying it will help it come true,
Wrap it up in love, and watch the healing accrue.
You can shape your future once you've figured it out...
How your thoughts and words and feelings
have incredible clout.
So, take notice of the messages you're sending your brain.
Then celebrate success as wholeness comes home to reign.
Because, Hey! Guess what?
Your brain is listening.

Yes....
Take notice of the messages you're sending your brain.
Then celebrate success as wholeness comes home to reign.
Because, Hey! Guess what?
Your brain is listening.

Hey You! Get a clue!
You know it's true, so true...
Your brain is listening.

ABOUT THIS SONG — "Change your thoughts, change your brain, change your life." For anyone unfamiliar with the proven science of neuroplasticity, the simplicity of this message might seem suspect, or even laughable. And yet time and again, in the world of healing with brain rewiring, we find it at the core of countless success stories, coaching programs and podcasts, and book after book after book... by expert after expert after expert. Certainly "taking your thoughts captive" (Corinthians 10:5) and "as a man thinks, so he is" (Proverbs 23:7) are not the be all / end all for healing nervous system dysregulation. There are sooo many other tools that will likely be needed for anyone's journey to wholeness. But I believe that with the exception of prayer and connecting with God, *learning how to speak safety and peace to your brain with your thoughts, words, actions, and emotions* might just have more positive impact than anything else you can do. Thinking and saying things like "I'm so stressed / anxious / worried / sick" scares your brain into working harder, amping up symptoms as it tries to protect you from perceived danger. Using dramatic adjectives to describe your pain and symptoms does the same thing. Discouraged and defeated body language, facial expressions, tone of voice, and hopeless labels (especially those of diagnosis), etc... ALL just deepen and reinforce the synapses in your brain that are at the core of the problem. Those things strengthen the ruts you're trying to replace. Don't forget... "Neurons that fire together, wire together." If you want messages of healing, health, and hope to drive your journey, with the healing chemicals overtaking the inflammatory ones, then step up to the plate and deliver those messages to yourself in how you talk to your brain. Over time, it will change everything!! Because your brain is ALWAYS listening. *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.