



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

ALL I NEED LIVES HERE

Words by Alison Herron / Music by Sid Herron

VERSE ONE -

I now stand surrounded
By all I'll ever need;
Enfolded in my Father's love
Poured out in word and deed.
I praise Him for rich blessings
On all my heart holds dear.
Heaven's light shines on me
Because peace and love live here.

VERSE TWO -

I now stand as witness
To heaven's healing power,
For Jesus Christ's atoning love
Renews me every hour.
I thank Him for this precious gift
And feel Him standing near.
Heaven's light shines on me
Because wholeness lives here.

BRIDGE -

Each recognition of His grace
Ignites my heart and mind
In fires of awakening
As I touch the divine.

VERSE THREE -

I now stand astounded
At all this joy I feel.
A life once only dreamed of,
Today, is very real.
The ecstasy that fills me
Sings out in voice so clear.
Heaven's light shines on me
Because bliss and joy live here.

BRIDGE -

Each recognition of His grace
Ignites my heart and mind
In fires of awakening
As I touch the divine.

VERSE FOUR -

I now stand emboldened
By how far I have come.
My faith and hope have shaped me
Into what I've become.
Sweet gratitude eternal
Pours out in joyful tears.
Heaven's light shines on me
Because faith and hope live here.
Yes... Heaven's light shines on me
Because all I need lives here.

ABOUT THIS SONG—Living daily within a space of true gratitude has been proven to increase both happiness and health. Science finally caught up with what God has been trying to teach us all along! The key here is that the power of praise and gratitude grows in its practice. It is made real in how we use our thoughts, words, emotions, intentions, and actions to recognize and appreciate what we have... instead of living in a state of frustration over what we don't have. If you want to welcome an expansion of blessings into your life, begin by seeking to fully understand and rejoice in the blessings you already enjoy. This principle especially applies to feeling gratitude toward Jesus Christ.

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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.