



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

AVAST THERE, BRAIN!

Words by Alison Herron / Music by Sid Herron

VERSE ONE –

When warning bells and whistles
Signal dangers long departed,
I'm glad I'm captain of this ship,
For this water's not uncharted.
I've learned exactly what to do
If nerves become alerted;
Me noggin seeks to take the helm,
But it can be diverted.

(So...) Avast there, brain!
I see those brightly colored flags yer wavin'.
Somehow, yeh still think,
By doing this, me life yer savin'!
Again, I smile, and roll me eyes
At each alarm yer sendin';
This "much ado 'bout diddly squat"
Is comin' to an endin'.

CHORUS –

Hi ho, away we go!
Correct yer course and don't be slow.
We've set our sails for happier shores,
So blow ye free winds, blow.

VERSE TWO –

Instead, we'll take apart those flags.
For them, the need's expired!
We'll piece the scraps together
Into treasures more inspired:
A sunset quilt that keeps us warm
As we drift off to slumber;
Bright phoenix robes to wear
Through days of blessin's without number;

Autumn strolls down tree-lined paths
Of yellow, orange, and red;
With morning views of brilliant hues
Upon horizons spread;
Dancin' shoes for skippin' down
Brick roads of joy and laughter;
Hot air balloons that carry us
To happily-ever-afters.

CHORUS –

Hi ho, away we go!
Correct yer course and don't be slow.
We've set our sails for happier shores,
So blow ye free winds, blow.

VERSE THREE –

Coordinates adjusted now,
False storms are far behind us.
With clicks of heels in Irish reels,
We've proved they've not defined us.
This change of course toward calmer seas,
All need for flags, suspendin'...
In bursts of color, now transformed,
Past dramas find an endin'.

Oh, noggin fine, dear friend of mine,
I bless ye, yes I do.
Yer learnin' how! Please take a bow!
Our sails are set anew!
By standin' down, yeh summon up
Serenity inspirin'...
So, turnabout, and sing and shout
For happy brain rewirin'.

CHORUS –

Hi ho, away we go!
Correct yer course and don't be slow.
We've set our sails for happier shores,
So blow ye free winds, blow... blow ye free winds, blow.

ABOUT THIS SONG—For a time, Homeland Security used red, orange, and yellow to communicate varying levels of danger. That system came to my mind during one of those nights I was hounded by symptoms (aka warning flags) I knew were simply byproducts of my brain's over-vigilance. The comparison gave birth to a poem dedicated to my brain... all about the two of us working together to transform those colored flags into objects that bring joy and comfort instead of alarm. That poem became the lyrics to our first official brain-rewiring song, setting the stage for all the rest that followed. I hope it can become a happy template for YOU to use, creating your own healing in the ways you talk to your brain.

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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.