



Young @ Heart Music

Christ-Centered Healing Through Neuroplasticity

MY BFF

Words by Alison Herron / Music by Sid Herron

VERSE ONE

I'm kind to the people that I care about.
When I'm needed, I do my part.
I'm a regular Clara Barton on life's battlefields,
A Florence Nightengale of the heart.
Showin' true love to my BFFs
No matter what. That's how I roll.
Shouldn't I match that M. O.
When my thoughts to self, go...
'Stead of fillin' my sock with lumps of coal?

CHORUS ONE

So, how do I treat my BFF
When my BFF is me?
Do the rules of engagement cease to apply
When I'm dealin' with yours truly?
Do I default to the critic, or the cheerleader,
Become a hope-planter, or a doubt-seeder,
Do the "Wreck-It Ralph" thing, or be a dream-feeder,
When my BFF is me?

VERSE TWO

When Joe or John or Jim need cheerin' up
I don't regale 'em with a list of their sins.
When Peggy Sue is sobbin', I don't point out
That tallied losses might outnumber wins.
Showin' true friendship to my BFFs
Means buildin' up, and not tearin' down.
So, when I'm the one in pain,
I need to reset my brain
With a negativity shake-down.

CHORUS TWO

So, how do I treat my BFF
When my BFF is me?
Do the rules of engagement cease to apply
When I'm dealin' with yours truly?
Do I beat myself up, or give myself a break,
Tell myself I'm stupid, or just made a mistake,
Feed myself poison or a three-layer cake,
When my BFF is me?

BRIDGE

The person that I listen to the most is me,
Decidin' all I say must be the truth.
Livin' out the narratives I've fed myself...
Solv'in' that crime don't take no TV sleuth.

VERSE THREE

I can throw myself a party for each victory,
Including all I learn from screw-ups;
Let myself be human, while I take some swigs
From rows of sweet and bitter cups.
Showin' real kindness to my BFFs,
No exceptions, must include me.
Tellin' myself "Yes, I can!"
Lines me up with God's plan
Of all the ways He truly wants to bless me.

CHORUS THREE

So, how do I treat my BFF
When my BFF is me?
Do the rules of engagement cease to apply
When I'm dealin' with yours truly?
No! I'll choose a smarter way to talk to myself,
Focus on the love in how I value myself,
Hitch my hopes and dreams to my best version of self,
Because my BFF is me.
Hitch my hopes and dreams to my best version of self,
Because my BFF is me.

ABOUT THIS SONG—Do you ever stop to think about how the things you say can decrease or improve the quality of your life and health? Nobody's brain wants to believe they are a liar. So, please don't ever forget that what you speak is what you create. Miracles occur when we figure out the best ways to employ the power of our words to produce health and happiness. Be intentional with yours. Let them create and then reflect the purest desires of a joyful heart.

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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.