



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

THAT'S OKAY, IT'S ALRIGHT

Words by Alison Herron / Music by Sid Herron

VERSE ONE -

I've got reasons to feel angry,
And I'm angry about that...
But that's okay. It's alright.

I've got reasons to feel hurt,
And I'm hurt about that...
But that's okay. It's alright.

I've got reasons to feel shame,
And I'm ashamed about that...
But that's okay. It's alright.

CHORUS ONE -

So, I write it down, get it out,
Tear it up and toss it.
Just because I feel it, don't mean it has to call the shots.
'Cause when I write it down, get it out,
Tear it up and toss it,
I say good-bye to pain while I connect up all the dots.

VERSE TWO -

I've got reasons to feel rage,
And I'm enraged about that...
But that's okay. It's alright.

I've got reasons to feel sadness,
And I'm sad about that...
But that's okay. It's alright.

I've got reasons to feel disappointment,
And I'm disappointed about that...
But that's okay. It's alright.

CHORUS TWO -

So, I write it down, get it out,
Tear it up and toss it,
Just because I feel it,
Don't mean it has to take the wheel.
'Cause when I write it down, get it out,
Tear it up and toss it,
It opens up the door for my
Body & soul to finally heal.

BRIDGE -

Everybody gets scared and angry.
Everybody cries big ugly tears.
Everybody has some of those really bad days
That sometimes turn into bad years.
But that's not my only story, (no no)
That's not my only song.
'Cause I know that I deserve better,
Makin' right out of what was so wrong....

VERSE THREE -

I've had reasons to feel a lot of things,
And I'm at peace with that...
'Cause that's okay. It's alright.

All my reasons for all those feelin's,
Just mean I'm human. Hey... true, that.
And that's okay. It's alright.

'Cause now...

Honesty, grace, and mercy
Are shining through right where I'm at.
And that's okay. And it's a-a-alright.

CHORUS THREE -

So, I write it down, get it out,
Tear it up and toss it,
Just because I felt it then, I don't have to feel it now.
Yeah, when I write it down, get it out,
Tear it up and toss it,
It's my permission to just move on...
Some way, somehow.... some way, some way somehow....

BRIDGE -

Everybody gets scared and angry.
Everybody cries big ugly tears.
Everybody has some of those really bad days
That sometimes turn into bad years.
But that's not my only story,
That's not my only song.
'Cause I know that I deserve better,
Makin' right out of what was so wrong....

REPEAT CHORUS THREE (first 6 lines)

Today, right now.... today, today, right now... today, right now.

ABOUT THIS SONG—What do you do when you have ugly unpleasant emotions that won't heal or go away? Ignoring them or shutting them down just means they are likely to fester and grow... becoming even uglier when they eventually escape. You also run the risk of adverse effects on your health and your relationships. Certainly, processing and releasing painful emotions can be difficult, and you might need the help of a professional. But there is a LOT you can do on your own. These lyrics give terrific proven advice along those lines. **IMPORTANT:** One time won't do it. Get creative, get real... then repeat, and repeat some more. (Don't forget, Jesus felt anger, pain, loss, and fear, too. He faced it honestly, asked for and received heavenly help, and moved on.)

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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.