



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 physical symptoms and illnesses, 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 100, 147:1&3, 92:1,2&4, 95:1-2, Col 3:15, Rev 7:12
Meditation & prayer invite & expand healing & peace — 1 Tim 4:15, Phil 4:6-7, James 5:13-16, Eph 6:18, John 17, Matt 6:6
Use thoughts, words, & actions w/ intention—Prov 23:7, Heb 4:12, 1 Thes 1:5, 3:12, Acts 11:23, Phil 4:8, Mark 4:14, 2 Cor 2:7
Mindfulness & using our senses for awareness—2 Pe 3:1,2, Mt 13:16, Rom 10:17,18, Heb 5:14, Lk 4:31, Prov 22:12, Col 3:2, Acts 28:26,27
Forgiveness of self and others is crucial to healing — John 1:29, Matt 6:14, Luke 11:4, Eph 4:32, 1 John 1:9, Mark 2:4-12
Self-care practices are vital to personal well-being —3 John 1:2, Acts 27:34, 1 Cor 6:19-20, Mark 6:31, Luke 5:16, Eph 5:29
Service to others increases confidence & self-worth — Isa 58:7-8, Prov 28:27, 1 Pet 4:8-10, Mark 10:42-45, Matt 25:34-40
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 1:31, Ex 19:3, Acts 16:13
We must choose taking responsibility over victimhood — Heb 12:6-7&11, Luke 15:17-20&24, Jn 5:5-9, Gal 6:3-5, 2 Cor 9:6, Luke 22:41-43
Repeating affirmations shapes perceptions and 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, John 17:13
Joy is found in visualizing righteous desires — Heb 9:11, 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, Jn 8:12

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.