



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

OH LITTLE CHILD INSIDE OF ME

Words by Alison Herron / Music by Sid Herron

VERSE ONE

Oh, little child inside of me,
Have you lost your smile?
Oh, little child inside of me,
Come, sit with me a while.
I see the ways you've been so brave,
Though you were lost and scared.
So, lean in close, next to my heart...
Lay down your head, right there.

CHORUS ONE

Time to set your cares aside,
Trusting in what God provides.
You are safe now, you are loved,
Bathed in light sent from above.
Always know you're not to blame
For all that's hurt us so.
The past is past, we're healing now.
It's alright to let it go.

VERSE TWO

Oh, little child inside of me,
I have felt your pain.
Oh, little child inside of me,
There's no need to explain.
I see the ways you've tried so hard,
To shelter me from harm.
It's my turn now to shelter you,
So, rest here in my arms.

CHORUS TWO

Time to set your cares aside,
Trusting in what God provides.
You are safe now, you are loved,
Bathed in light sent from above.
Always know you're not to blame
For all that's hurt us so.
The past is past, we're healing now,
It's alright to let it go.

BRIDGE

Peace to your mind.
Peace to your heart,
Peace in each day
That brings a brand-new start.
Peace through the changes
That transform our soul.
Peace in the healing
That makes us both whole.

VERSE THREE

Oh, little child inside of me,
I know you'll find your smile.
The roads we've walked
Have brought us here,
And made it all worthwhile.
Through darkened paths
I watched you try
To cope with grown up things. *(But...)*
You're free to walk in sunshine now,
To dance and play... and sing.

BRIDGE

Peace to your mind.
Peace to your heart,
Peace in each day
That brings a brand-new start.
Peace through the changes
That transform our soul.
Peace in the healing
That makes us both whole,
Little child....

FINAL CHORUS

Time to set your cares aside,
Trusting in what God provides.
You are safe now, you are loved,
Bathed in light sent from above.
Always know we're moving on
From all that's hurt us so.
The past is past, we're healing now,
It's alright to let it go.
The past is past, my child,
We're healing now, my child,
It's alright... to... let... it... go.

ABOUT THIS SONG—The limbic system is often described as functioning at the level of a typical toddler. It can be reactionary, illogical, and sometimes hard to calm down, especially when frightened. With that in mind, it should come as no surprise that a dysregulated autonomic nervous system will respond well to repeated and consistent reassurances of safety, much as a small child will. So, why wait for someone else to do that for you? Each of us is capable of speaking messages of compassion, understanding, and true safety to our own inner child aka agitated limbic system. Doing so with loving intention yields great rewards over time. But admittedly... most folks won't know what to say or how to say it, which is precisely why this song was written. Presented as a simple lullaby, and sung beautifully by our friend Kelley Molinari, *Oh Little Child Inside of Me* provides the perfect vehicle for giving your inner child exactly what they need.

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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 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.