

GOING HOME

Songs & Quotes For The Journey Home

Francine Jarry

GOING HOME

To the one Spírit — Source of All That Is

“When trees drop their leaves, it is not a time of grief but an indication of fresh growth. Similarly, when a person leaves his body, it should be taken as an indication of a new life”.

“Death is the silent and inevitable mystery that is within the fabric of every life. It is an experience so great that we cannot comprehend it, yet one so common that everyone will have it”.

Special music for memorial services to celebrate the life of a loved one with a gentle reminder that life goes on. The songs you will find on this album reflect our changing beliefs in an afterlife and that we are eternal beings...the conversation continues...

Dedicated to my many dear and loving friends and family on the other side who were the inspiration for the songs on this album...lyrics & quotes by Glenda Green (Love Without End), Abraham (Abraham-Hicks), Elizabeth Kubler-Ross and Rosemary Altea (Proud Spírit) album available on all digital venues, my website and as CD & Mp3...inspiring & comforting...

The purpose of these songs & quotes is to help us feel more comfortable with the concept of death or ‘transition’. Death affects everyone and changes us forever. It is the most common experience we all share and treated with compassion, our loss can give us a new sense of self and meaning.

I have created this so you can download the lyrics & quotes and as a soothing and comforting reminder that life goes on.

For more information, please contact francinejarry.ca // rainbowmusic.ca or rainbowmusic@videotron.ca

LE GRAND CONGÉ

Placide Gaboury

Selon ma façon de voir, il y a dans le monde des êtres qui ont des corps et d'autres qui n'en ont pas. Nous sommes portés à croire que les êtres sans corps (ou invisibles) sont inexistants et que par conséquent, tout ce qui est invisible (en nous ou ailleurs) est plus ou moins inexistant. Et, bien sur, nous nous convainquons de surcroît que seuls ceux qui vivent sur terre sont <les vivants>, les vrais.

Nous avons peur de ne pas exister, nous craignons de tomber dans l'inexistence dès notre sortie du monde physique. C'est la peur de nous trouver seuls, abandonnés, perdus, oubliés. Et cette peur fait que nous nous accrochons à notre terre, à notre corps, à nos biens matériels, autant de choses périssable et en mutation continuelle. Nous disons à propos des choses qui sont sans importance ou sans conséquences: "Mais, voyons, c'est 'immatériel!'" C'est que nous ne croyons pas être avant tout une conscience, une intelligence, une vie de l'esprit.

Il nous faudra réapprendre l'esprit et sa liberté. Il nous faudra redécouvrir que nous sommes plus que des corps, que notre matière n'a de sens que par notre esprit, que nous sommes la conscience qui donne à la matière sa valeur, son rôle, sa signification, ses ailes. Il nous faudra rentrer en nous-mêmes pour découvrir ce petit moi qui a si peur de disparaître. C'est ce qui nous empêche d'être pleinement conscients et présents.

La connaissance de la mort enrichit la vie et libère de la peur. Elle permet à l'ego de lâcher davantage ses défenses, de s'abandonner à cette vie qui ne cessera de battre. Il n'y a que de la vie et ce qui existe, c'est par elle seulement. Il n'y a que de la vie, dans des formes diverses allant du visible jusqu'à l'invisible.

Extrait du mini-livre de Placide Gaboury ~ "Le grand congé" ~ La mort qui libère pour la vie ~

Je vous offre cette collection de chansons en espérant que ce texte de Placide Gaboury et que cet album vous donnera paix d'esprit et confort sachant que le départ d'un être cher n'est qu'une transition du visible à l'invisible. Bien sur, en tant qu'humain c'est naturel de passer un certain temps de grande tristesse mais quand on se souvient que nos proches sont encore proches même s'il sont devenus invisibles, nous pouvons toujours reprendre la conversation.

C'est le départ de plusieurs amis et membres de ma famille en très peu de temps qui inspira cet album. J'espère qu'il vous aidera à comprendre ce qu'est la mort (personne n'est arrivée à l'éviter) et à retrouver la joie dans votre vie. Francine

GOING HOME

<i>Songs written & performed by.....</i>	<i>Francine Jarry</i>
<i>Recuerdos del querer (lyrics).....</i>	<i>Diane Castillo</i>
<i>Do not stand at my grave and weep...poem by.....</i>	<i>Mary Frye</i>
<i>Narration (1847-1918).....</i>	<i>Henry Scott Holland</i>
<i>Deep Peace (sung with Liddy Flewwelling).....</i>	<i>Public Domain</i>
<i>Follow me (words & music).....</i>	<i>Ray Repp</i>
<i>Paraguayan harp "Habanera".....</i>	<i>Robin Grenon</i>
<i>Love heals everything (flute).....</i>	<i>Shelley Snow</i>
<i>Quotes from "Love without end" by.....</i>	<i>Glenda Green</i>
<i>Quotes from "On life after death" by.....</i>	<i>Elizabeth Kubler-Ross</i>
<i>Additional quotes from.....</i>	<i>Abraham-Hicks</i>
<i>A little child stands near from "Proud Spirit".....</i>	<i>Rosemary Altea</i>
<i>Poem "A little child stands near" by.....</i>	<i>Patricia Mason</i>
<i>Cover photo "Mirrored Serenity".....</i>	<i>Don Paulson</i>
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Going Home album available on Spotify, Apple/iTunes, etc...rainbowmusic.ca & broadjam.com

GOING HOME

The Songs...

1. Spirit is calling / intro .57
2. Going Home 3:38
3. River of Eternity 4:14
4. Never said goodbye 3:26
5. The other side of life 3:58
6. Beyond the clouds 4:35
7. Habanera de la nuit (instrumental) 3:44
8. Recuerdos del querer (Spanish) 5:33
9. Sweet Shanna goodbye 4:30
10. Children of the rainbow 3:08
11. A little child stands near 4:17
12. I will always love you 3:38
13. Love heals everything 3:08
14. Deep peace 3:04
15. Do not stand at my grave and weep 4:30
16. All is well 1:11
17. Follow me 1:34
18. Shine on 1:45

*“The truth is you have only one life, and it is forever”
“Love without end” Glenda Green*

SPIRIT IS CALLING

Spirit is calling ~ Spirit is calling
Spirit is calling ~ Calling me Home

Spirit is calling ~ Spirit is calling
Spirit is calling ~ Calling me Home

QUOTES...

In referring to spirit, we are reverently acknowledging and invoking
the presence of that which unifies and connects all existence

There is no place where spirit is not
That is the beauty and the glory of our oneness

Our connection with the original pure light of Source
is always accessible and calling

Spirit resonates to love and connects all substance in perfect harmony

There is but one Spirit

“Love Without End” Glenda Green

GOING HOME

Verse 1

The heart that heals can mend the world
The heart that feels can change the world
Remember me for we will be
Friends for all Eternity

Verse 2

The heart forgives and then forgets
My heart can live with no regrets
Don't cry for me, for we will be
Friends for all Eternity

Chorus

Home, I'm going Home
Now I must travel on alone
Going Home, I'm going Home...
And if you ever want me near
Just call my name and I'll be here

Verse 3

My heart lives on, we carry on
My heart can sing, the pain is gone
Don't cry for me, I know we'll be
Friends for all Eternity

Chorus

Going Home, I'm going Home
Though I'll be gone
You'll never be alone
Going Home, I'm going Home
And if you ever want me near
Just call my name
And I'll be here
I'M GOING HOME

QUOTES...

*Home is where the heart is
The heart is where your love is
Love is who you are*



*Only the heart's simplicity can comprehend
infinity and connect heaven with Earth
in a meaningful way*



*I can feel the presence of my departed
loved one when I am in a place of love for the spirit resonates to my love*



"Love Without End" by Glenda Green



In loving memory of my dear friend Hélène - January 3~2000

RIVER OF ETERNITY

On the banks by the River of Eternity
There is joy, there is peace, there is beauty
On the banks by the River of Eternity
Life goes on, life goes on...

On the banks by the River of Eternity
There is love, there is light, there is laughter
On the banks by the River of Eternity
Life goes on forever

Bridge

Don't cry for me, I am near, not that much has changed
Don't cry for me, I am whole, I am young again
Don't cry for me, shed no tear, call me by my name
Don't cry for me, for you see I live again

Here on the banks by the River of Eternity
Life goes on, life goes on...

QUOTE...

*There was a time before which you were
There will never be a time after which you are not*

Love Without End” by Glenda Green

***Song inspired from “Conversations Beyond the Light”
by Mark Macy & Pat Kubis***

NEVER SAID GOODBYE

Verse 1

No more tears my dear sweet Jan
Now you are free to fly
No more pain, my dear sweet friend
I know I mustn't cry

Verse 2

You said you'd never leave this way
It seems you had another plan
And I believed you'd carry on
I'm trying so hard to understand

Bridge

I always thought I would see you again
I never stopped looking for an answer
I always thought I could hold you again
But now you're gone, and I must carry on

Verse 3

With memories of better days
I still can see your smiling face
I know you'll find peace of mind
I know you're in a better place

The hardest thing for me you see, you left so suddenly
And often now I start to cry, you never said goodbye

QUOTES...

*Life is a culmination of all the choices we have made
regarding our many experiences, our origins, agreements and abilities*

“Love Without End” Glenda Green

*From our non-physical perspective, we recognize our transition as an instant
re-emergence back to spirit, free from all pain and resistance
“a new beginning of extraordinary proportions”*

Abraham-Hicks

For Jan and Luc

THE OTHER SIDE OF LIFE

Verse 1

I still can hear your voice calling out my name
I still can see your face but now it's not the same
I remember how your eyes looking deep inside
My heart, my soul, you seemed to recognize
From the other side of life, from the other side

Verse 2

And I just want to hold you, feel my arms around you
I want so much to see you with my eyes open wide
Though we are worlds apart, we're still as close as ever
You are always in my heart and we'll always be together
On the other side of life, on the other side

Bridge

At times I thought that I'd failed you
That I had let you down
But all I ever wanted
Was to see you hold your ground

Verse 3

And I just want to hold you, feel my arms around you
I want so much to see you with my eyes open wide
Though we are worlds apart, we're still as close as ever
You are always in my heart and we'll always be together
On the other side of life, on the other side

Ending

You are always in my heart and I'm watching over you
From the other side of life...

QUOTES...

This is 'the other side of life'
There is no place where spirit is not
There is no separation
The conversation continues
All is vibration
And love is the highest vibration

I can find the presence of my departed loved ones when I am in a place of love for the spirit resonates to my love

from "Love Without End" Glenda Green

BEYOND THE CLOUDS

Verse 1

Beyond the clouds, the sun is always shining
Beyond the pain, I know my heart will sing again
Beyond today, I know life goes on giving
And beyond life, I know we go on living

Chorus

So follow your dream for that's who you are
One perfect being, a bright shining star

Verse 2

Beyond the fears, there's so much worth exploring
Beyond the tears, there's joy and love and laughter
Beyond a dream, another dream is waiting
There is no end, just endless new beginnings

Chorus

*So follow your dream for that's who you are
One perfect being, a bright shining star*

Verse 3

Beyond today, I know life goes on giving
And beyond life, we all will go on living
But here we are to savour each precious moment
And here and now is what is most important

Chorus

*To follow your dream
For that's who you are
One perfect being
A bright shining star
Shine on...*



HABANERA de la noche



*Paraguayan harp composition
by Robin Grenon*

RECUERDOS DEL QUERER

Verse 1

Mañana, mañana me iré
Siempre llevaré
Dentro de mi
El recuerdo de tus sueños
De tus sueños

Verse 2

Llegó la hora debo irme
Tengo tanto que pensar
Momentos juntos de tristeza
Y de felicidad

Chorus

Mañana viene con rapides
Y hoy se vuelve en ayer
Los sueños que no se realizan
Son los recuerdos del querer

Verse 3

Me voy ahora para siempre
Me voy y siempre llevaré
Tu amor aquí en mi alma
Nunca se muere

Chorus

Mañana viene con rapides
Y hoy se vuelve en ayer
Los sueños que no se realizan
Son los recuerdos del querer

MEMORIES OF LOVE

Verse 1

Tomorrow I will be leaving
Holding forever in my heart
The sweet memories of your dreams

Verse 2

The time has come for me to go
As thoughts of you forever flow
Memories of our life together
Moments of sadness, moments of pleasure

Chorus

Tomorrow will soon be here
As today becomes another yesterday
And the dreams we leave forever
Will be the memories of our love for each other

Verse 3

I'm leaving now - now and forever
I'm leaving and will always remember
Your love here deep in my soul
A love that will never die

English translation: Francine Jarry
(this is a loose literal translation of the
much more beautiful Spanish version)

Original Spanish lyrics: Diane Castillo
music: Francine Jarry

"PROUD SPIRIT"

Question: Grey Eagle, there are many of us who fear death. Can you give us any comfort or advice on the process of death?

Answer: There are many who fear the unknown and what appears to be an all-embracing darkness. You approach us with uncertainty. And yet, all there is here is Light...and yet all there is, is Joy...and yet all there is, is Beauty.

As each soul crosses the void which separates the two worlds, there will be a soul waiting with hand outstretched and a joyful heart...you will be greeted and made welcome.

There will be a time of celebration...for the souls who have already gone, departed your earth plane...will know of the joy of the reunion which we have already spoken of. No man will enter the tunnel alone. No man will step upon that path toward death without some help and a guiding hand.

Always someone will whisper to you, "look toward the Light." And you will be drawn to it. And you will hear the chattering of excited voices. For those who await what you see as your death will be waiting and ready to celebrate your birth.

So fear not for death is a painless experience. The fear of leaving those behind you who you love will disappear...for you will still see them. And it will still be possible for you to be involved in their lives...and to watch them grow and to give them aid. Death is not a punishment.

You embark upon a new journey...your ticket paid...your passage assured...you will safely reach our shore...and no man will come alone...and no man's journey will be a lonely one for there are always souls who wait for you, with joy and with happiness in their hearts for your safe return to us.

Passage taken from "PROUD SPIRIT", p. 130~131 by Rosemary Altea

SWEET SHANNA GOODBYE (Instrumental)

When God had made the earth & the sky — The flowers and the trees
He then made all the animals — And all the birds & the bees
And when his work was finished — Not one was quite the same
He said "I'll walk this earth of mine — And give each one a name
And so he traveled land and sea — And everywhere he went
A little creature followed Him — Until his strength was spent
And when all were named upon the earth — And the sky and sea
The little creature said "Dear Lord — There's not one left for me"
The Father smiled and gently said — "I've left you till the end
I've turned my own name back to front — And called you DOG my friend"

Poem...author unknown

♪ Dream, drift away gently...Sing sweet lullaby

♪ Sleep, drift away slowly...Sweet Shanna goodbye

The animals who hold a cherished place in our hearts and homes offer inspiring lessons of patience, trust, compassion, healing and love. We learn from animals as they remind us that miracles do happen. They help us rise to life's challenges, find comfort in the face of loss, witness the hand of the Divine, and recognize the interconnectedness of all living things.

Angel Animals-Divine Messages of Miracles, by Allen & Linda Anderson

My dear sweet friend,

I was hoping you might drift away in your sleep so I wouldn't have to make the decision. I have known for a while that you were ready to go. I saw the look in your eyes and I knew it was time.

Although I can no longer touch your soft furry coat...run up and down the neighbourhood laneways on snowy nights and warm summer days (and rainy ones too), I must remind myself that you are just a few thoughts away. I will imagine you romping through the woods like a young pup knowing that your spirit lives on and that I will see you again someday. I will love you always...your mom...

CHILDREN OF THE RAINBOW

Children of the rainbow

Children of the light

Children of the rainbow

Spread your wings and start to fly

Spread your wings and start to fly

To where your dreams can take you now

Where your dreams come true

Children of the rainbow

Spread your wings and start to fly

Spread your wings and start to fly

Your heart is there to guide you

As you go on your way

With angels there beside you

You start a brand new day

There is no greater tragedy than the death of a child. The question occurs over and over again, “what is life, what is death, and why do young children, especially young children have to die?”

Elizabeth Kubler-Ross

Why do some children die young? According to Seth (Jane Roberts), we choose our circumstances of birth and death. When speaking to a couple after the death of their young son, Seth said to them “Your son is not a little boy any longer. He is an entity older than you and he has tried to point out the way to you. He was a Light to you and his Light is not extinguished. It will lead you into knowledge that you wouldn’t have known otherwise. He was here to enlighten you and so he did.” SETH (Jane Roberts)

When a child is dying, we must try to see a soul so assured of immortality that he could receive that legacy.

A LITTLE CHILD STANDS NEAR

Verse 1

One night he heard you singing
Of love and hope and joy
Drew near to see if you could want
Another little boy

Verse 2

To comfort you in times of fear
And to soothe your pain
But you cannot take his comfort
For you never knew he came

Verse 3

You never knew when angry
When your voice was shrill to hear
With your fury and frustration
That a little child stood near(chorus)

Verse 4

Make no mistake, you drove him out
His love you did deny
Too full of selfish pitying
Yet still he is nearby

Verse 5

Why don't you see the joy you miss
He comes to show to you
Through you he looks out on the world
Should he be bitter too?(chorus)

Verse 6

He needs to give his love to you
As much as you to him
So find yourself, and find your joy
And welcome him back in

In dealing with any situation, knowing I am in the presence of trusting and impressionable children obliges me to remain calm and rational in my thinking and realistic in my expectations of myself & others. I feel I have a three-year-old holding my hand, albeit a child in the spirit world, and I have a joyful obligation to notice and share with him or her all the things that have ever brought me happiness to help make his or her world as beautiful as I can. As a result, looking for old and new joys to experience has left no place in my life for anxiety and self-doubt. Oh, how a child can teach us, if we, the adults, will only listen. As always, the child teaches the adult and leads the way.

Poem & quote by Patricia Mason from "PROUD SPIRIT" by Rosemary Altea ~ music...Francine Jarry

I WILL ALWAYS LOVE YOU

Verse 1

I had called your name a thousand times
I had waited for so long
To feel your touch, look into your eyes
To be where I belong

Verse 2

In the comfort of your loving arms
Forever by your side
And to be from that moment on
With you to share your life

Verse 3

I'd imagined you loving me
I had seen you in a dream
And now all that's left is
A precious memory
Of the best love's ever been

Chorus

And I will always love you
I wanted you forever by my side,
To cherish and adore you
To love you and to share my life

Verse 4

Now I'll imagine you close to me
Whenever I've lost my way
And I'll feel you near
When I need you here
To help me face the day

Bridge

And everything I'd ever done
Had led me to your door
Now I know you're the one
I'd been waiting for

*And I will always love you ~ I wanted you forever by my side
To cherish and adore you ~ to love you and share my life
For I will always love you...I will always love you*

*** *** ***

Relationships are eternal ~ love never dies...

**Mourning is the free flowing of tears as acceptance and releasing are experienced.
In that state, the heart can perceive a continuity of life even though certain attachments have been lost.*

*Grieving is clinging to that which has been lost
Mourning is the act of letting go
In letting go of that which cannot be retained, we can heal...
'for John'*

LOVE HEALS EVERYTHING

Chorus

Love heals everything
Love is all we need
Love heals everything
Love is all there is

Verse 1

Let me gently take your hand
Help you understand
Let me hold you in my arms
Wipe your tears away

Chorus

Love heals everything
Love is all we need
Love heals everything
Love is all there is

Verse 2

Let me be your guiding Light
Shining in the night
Trust in me to see you through
Count on me, I love you

Chorus

Love heals everything
Love is all we need
Love heals everything
Love is all there is

The highest intelligence is love itself
love is the power of the Universe

Spirit resonates to love and connects
all substance in perfect unity

Love is the simplicity of your power
Love never dies

Quotes from 'Love Without End' by Glenda Green

DEEP PEACE

Verse 1

Deep peace of the running wave to you
Deep peace of the flowing air to you
Deep peace of the quiet earth to you
Deep peace, deep peace

Verse 2

Deep peace of the sleeping storms to you
Deep peace of the wandering winds to you
Deep peace of the silent stars to you
Deep peace, deep peace

Verse 3

Deep peace of the eastern wind to you
Deep peace of the western wind to you
Deep peace of the northern wind to you
Blowing south to you

Verse 4

Pure red of the flaming sun to you,
Pure white of the silver moon to you
Pure green of the emerald grass to you
Deep peace, deep peace

Verse 5

Deep peace of the running wave to you
Deep peace of the flowing air to you
Deep peace of the quiet earth to you
Deep peace, deep peace

Traditional...sung with Liddy Flewwellyn

Look for beauty for it is an affirming perception that you are
walking in harmony as you follow the guidance of
spirit through life

Quote from "Love Without End" by Glenda Green

ALL IS WELL

All is well
In my life
All is well
In my world

(acapela chorale)

FOLLOW ME

Follow me to the sea
Where I first called your name
We didn't know each other so
But I called and you came

Remember we promised
Our love wouldn't end
We'd gather all people
And love them as friends

My spirit will be with you
To light up your way
I love you more than words can say

Words & Music by Ray Repp

SHINE ON!

Shine on...shine on...
Shine on...shine on...shine on....

Your spirit lives on in my heart
Love never dies
And this my friend is not the end
We go on to eternal lives...so we can...

Shine on...shine on...shine on...shine on...
Shine on...shine on...shine on...shine on...

MEETING GOD



With my eyes wide open, I saw the Light
My being was filled with pure delight
Where am I? What place is this?
It is so bright! So bright!



I melted into a warm embrace
I felt no fear...not even a trace
Of regret or sorrow or judgment or pain
There was only love
Nothing but love, warm love
Overwhelming love, precious love
Expanding, embracing, accepting
Nourishing, arms~wide~open
BIG HUG LOVE!



Warmth & Light covered me like a blanket
I heard a message in my heart
“My Dear Child!” it said
“I cherish you and bless you
You are a beacon, my shining star
Filled with my Light...that’s who you are”



My SELF expanded
I knew I was in the presence of God
I breathed His love into my perfect soul
“I love you and I am always with you.”
I heard God’s message loud and clear
And then it was over...I felt a tear



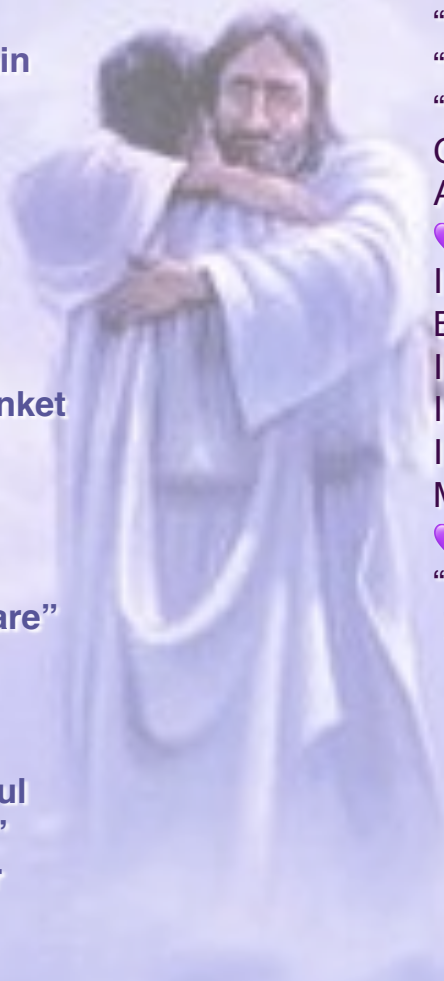
“Come back to us,” my mother cried
God’s voice was within her as she tried
To push a tide of water from my lifeless lungs
Urgent hands, slapping, punching at my back
I breathed...I felt a burning in my chest
I became aware of pain again
“Please let me stay,” I begged
“I’m so happy here.”
“Please don’t send me away.”
God’s love again filled my heart
And I knew we could never be apart



In my mother’s eyes I saw the fears
But I glimpsed God’s love behind her tears
I was only five...my life barely begun
I had much to do...,my time had not come
I slipped fully back into my body then
My new life was about to begin



“A recollection of an NDE at age 5”
by Bobbie Kalman~author of children’s books



EL GRAN VIAJE

Espero que aunque sean en inglés que estas canciones
pueden darles paz en su mente y en su corazón
al saber que la vida nunca se apaga...

A few words from the author/composer

It seems now more than ever as so many of us are experiencing the sudden & often unexpected loss of friends & family that we need more reassurance that death is just a transition from our earthly bodies back to Spirit, from one reality to another, and that life goes on. When we make peace with this transition we call death, we can live more fully in the present without fear.

For those of us still here, I invite you to listen to your favourite songs from “GOING HOME”— you will find them to be soothing & comforting in getting you through a difficult time — I was told by some people that they have already chosen songs they wish to hear at their own *‘celebration of life’*...some say many of us attend our own memorials from our non-physical perspective — *don’t wait until your transition to start celebrating ‘your’ life!*

Live life to the fullest...no matter what is going on around you...



'Going Home'

Special music for memorial services celebrating
the life of a loved one with a gentle reminder that life goes on

This calendar-style book is to accompany the soundtrack available for streamings
& downloads on Spotify, Apple/iTunes, Amazon, etc. as well as rainbowmusic.ca
also available as a musical E-book website — goinghomesongs.ca

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