



Francine Jarry

I CAN
BEGIN
AGAIN

Soothing songs of well-being
for new beginnings

I CAN BEGIN AGAIN

little beginnings
sometimes have
great endings

The songs...

1. Dreamer creator artist	13. Relax & breathe
2. Dear Father	14. Always make the best of it
3. The Road to Dharma	15. Lighten up!
4. I can begin again	16. Make peace with where you are
5. Where do I go from here?	17. Look for reasons to feel good
6. Imagine it, pretend it, feel it	18. Soothe yourself
7. Choices choices choices	19. Transition (guitar instrumental)
8. Out on a limb	20. Inner Being
9. Starting over	21. Beyond the clouds
10. Flow flow flow	22. I'm a shining light
11. There's always another boat	23. Love heals everything
12. Life is what you make it	24. Do it for love // 25 ~ It's a good day

All songs written, produced & performed by Francine Jarry

Dear Father produced by Peter Mika

Flute on Love heals everything Shelley Snow

The Road to Dharma produced by Eli Krantzberg

Guitar on The road to Dharma Davis Joachim

Cello on The Road to Dharma Iona Corber

“Abraham-inspired ‘law of attraction’ soothing songs of well-being for new beginnings”

Album available on Spotify ~ Amazon ~ Apple Music ~ broadjam.com/francinejarry

rainbowmusic.ca ~ francinejarry.ca ~ YouTube/francinejarry



Your musical connection to well-being

Francine Jarry

uplifting songs of wisdom & well-being for everyone

Welcome to a new and unique musical approach to well-being...just as children can learn their ABC's to a simple melody, Francine's songs can help us learn and remember positive uplifting concepts of well-being with words & music enhancing positive empowering emotions and self esteem.

Francine...dreamer, creator, artist...multi-instrumentalist, singer, songwriter, producer and arranger, for many years blending my spiritual resources with my vast musical experience and background from classical to French ballads, folk, latin, country, pop & blues. My albums will introduce you to a fusion of spiritual, environmental and educational wisdom based on uplifting ideas to promote **'well-being and self-esteem in easy-to-remember words & music'** for all ages....mostly in English with some songs in French & Spanish.

Creations in recent years include...

- * two **Abraham-Hicks** collaboration albums '**Joy Joy Joy**' & '**A New Adventure**' plus a 20 minute **Highlights** compilation album...
- * **thestoryoftime.com** musical website written by **José Argüelles** — music composed, recorded & performed by Francine Jarry...
- * opening music for spiritual/wellness conferences including The Spiritual Science conference in Montreal for the past 25 years...
- * worked with school choirs & presently introducing schools to my empowering **musical websites** for classroom smart boards...
- * **itsuptome.ca - followtherainbow.ca - doitforlove.ca - ifyoulovethisplanet.ca - goinghomesongs.ca - francinejarry.ca**...
- * 18-20 albums available for streamings & downloads online including Spotify - Apple/iTunes etc...approximately 140 youtube videos...
- * latest project "**Sing your way into well-being**" with the '**I CAN DO IT**' calendar style book series with images, lyrics, quotes and...
- * links to the albums online — available soon in print or PDF — '**If You Love This Planet**' latest and possibly most relevant right now...
- * **Going Home** album/website/calendar — special soothing & inspiring "**Songs & Quotes for the Journey Home**" is intended for...
- * memorials and celebrations of life — or just as comforting music/songs/lyrics after the loss of a loved one...

What people are saying...

"I just wanted to share the **powerful effects** your "**Joy Joy Joy - I Can Do It**" song is having on my **special-ed students** in the East Bay in California. Your incredible song has given them the confidence to persevere. Thank you!!"

"Why is it that **your work is so utterly relevant to what the world needs** that anytime I write something, your music becomes an essential reference?" Burt Danet, PhD - A Better Community For All (ABC4All - California)

"Your combination of uplifting words and 'musical moods' is "**just what we need right now on the planet.**"

"You have combined the essence of the 'law of attraction' philosophy with beautiful inspiring music that I now find as helpful as the books. Baird, Oregon

The Rainbow Music Company
rainbowmusic.ca — francinejarry.ca

'all ages'

Dreamer Creator Artist

I am the painter, my life is my canvas
I'm the creator
The dreamer, the artist
I live for passion
For joy and for freedom
And most important of all
I want to feel good

I want to remember
I'm looking for answers
What do I need to know?
To make a difference
And seek joy and freedom
And most important of all
To feel good

Feeling good, feeling good,
Feeling good, feeling good
Feeling good feeling good
Most important of all
Is feeling good



'When you believe anything is possible
you can achieve the impossible'

Dear Father

Verse 1

Dear Father please find me
In the place you know I need to be
And Father please help me to align
My heart, my soul, my dreams

Verse 2

I came with a purpose
And lessons to grow
Help me remember
Dear Father so I'll know
Dear Father please help me
To align my heart, my soul, my dreams
Dear Father please find me
In the place you know I need to be

Bridge

Help me remember
Dear Father...so I'll know
Help me remember
So I'll know where to go

Verse 3

Dear Father please find me
In the place you know
I need to be
And Father please help me
To align my heart
My soul, my dreams

Father refers to our Creator ~ whatever our beliefs are

All That Is ~ Source Energy ~ Divine God Source

*** *** ***

— While you are waiting — God is working —

Alan Cohen — author & teacher

The Road To Dharma

Verse 1

Every detour has a purpose
Every setback has a reason
If there's a problem - just accept it
Every wrong done - is a lesson

Chorus 1

On The Road to Dharma
Doubts can cloud the day
On the Road to Dharma
Don't let them get in the way

Verse 2

But keep on going, go on trusting
Keep believing in the knowing
That what you're doing is the right thing
And your dream is right here waiting



God's idea of grace is far bigger

than your idea of karma

Alan Cohen - daily inspiration



Chorus 2

And The Road to Dharma
Is not always clear and bright
I'm on The Road to Dharma
And I know this road is right

Verse 3

So I'll keep going, go on trusting
Keep believing in the knowing
That what I'm doing is the right thing
And my dream is right here waiting

I CAN BEGIN AGAIN

I can begin again, I can...yes I can
I can begin again, I can...yes I can
I can begin again...choose to feel good again
Appreciate again...fall in love with life again
I can begin again...no matter where I've been
I can begin again now!

If I said something I wish I hadn't said
If I did something I wish I hadn't done
If I thought something
I wish I hadn't thought...so what!

I can begin again, I can...yes I can
I can begin again, I can...yes I can
I can begin again
Choose to feel good again
Appreciate again
Fall in love with life again
I can begin again
No matter where I've been
I can begin again now!

I can begin again now!
Right now!

‘Little beginnings sometimes have great endings’

Alan Cohen...author & teacher



Where do I go from here?

Where do I go from here?

Where do I belong?

I've been good, done my best,

I've been strong

Tell me where do I belong?

I know I need a plan

Where to go, what to do, where to stand

I let go, I surrender, I remember now

Summon and allow

*Energy stream, stream of well-being
Flow through me now~Flow through me now*

Imagine it—pretend it—feel it

Imagine it, pretend it, feel it
Imagine it, pretend it, feel it

Whatever you want
Whatever you dream
Whatever your wish
It's easier than it seems

When you fantasize reality
You realize your fantasy
Imagine it, pretend it, feel it!

Images of fantasy
take you where
you want to be

Choices Choices Choices

Verse 1

Somedays the rain must fall
But I won't care at all
I'll walk between the drops
And I won't get wet

Verse 2

Somedays don't seem to flow
To where I want to go
So I redirect my thoughts
To things I love a lot

Chorus

Choices, choices, choices
It all depends on me
I can choose to struggle
Or choose to be free

Verse 3

Good feels good and bad feels bad
It's easy when you know
To look for things
That make you glad and
Get back in the flow

Chorus

Choices, choices, choices
It all depends on me
I can choose to struggle
Or choose to be free

Chorus

Choices, choices, choices
It's really up to me
To let go of the struggle
By knowing I am free



Every thought you have ever thought and
every choice you have ever made has brought
you to this 'present moment'

OUT ON A LIMB



START A NEW PATH
AND LEAVE A TRAIL...

RALPH WALDO EMERSON

Out on a limb ~ Out on a limb ~ That is where the fruit is ~ Out on a limb ~ Out on a limb
That is where my dream can be ~ Out on a limb ~ Out on a limb
Be who you are ~ Dare to live your dream ~ Reach for a star ~ Go to where you've never been
Go to where the fruit is ~ Out on a limb ~ Out on a limb

Starting Over

Don't have to tell me I've been changing
Nothing alive stays the same
And if I trip and fall
Well I won't care at all
I know I can start all over again

Don't have to tell me
I've been dreaming
Aren't dreams what life
Is all about?
I can never lose
For I can
Always choose
To start all over again

So many doors will open when you
realize that it's ok to start over

Alan Cohen ~ daily inspiration

Chorus

To live my life as I want it to be
Looking for things
That I want to see
It's not too late to start over again
I know who I am
And with each new day
I know that I can do it my way
It's never too late to start
Over again Starting over,
Starting over, starting over again

Don't have to worry,
Pity or blame me
I have no reason to explain
It's my life after all
And even if I fall
I know I can start
All over again

Francine Jarry & Don Graham

FLOW FLOW FLOW

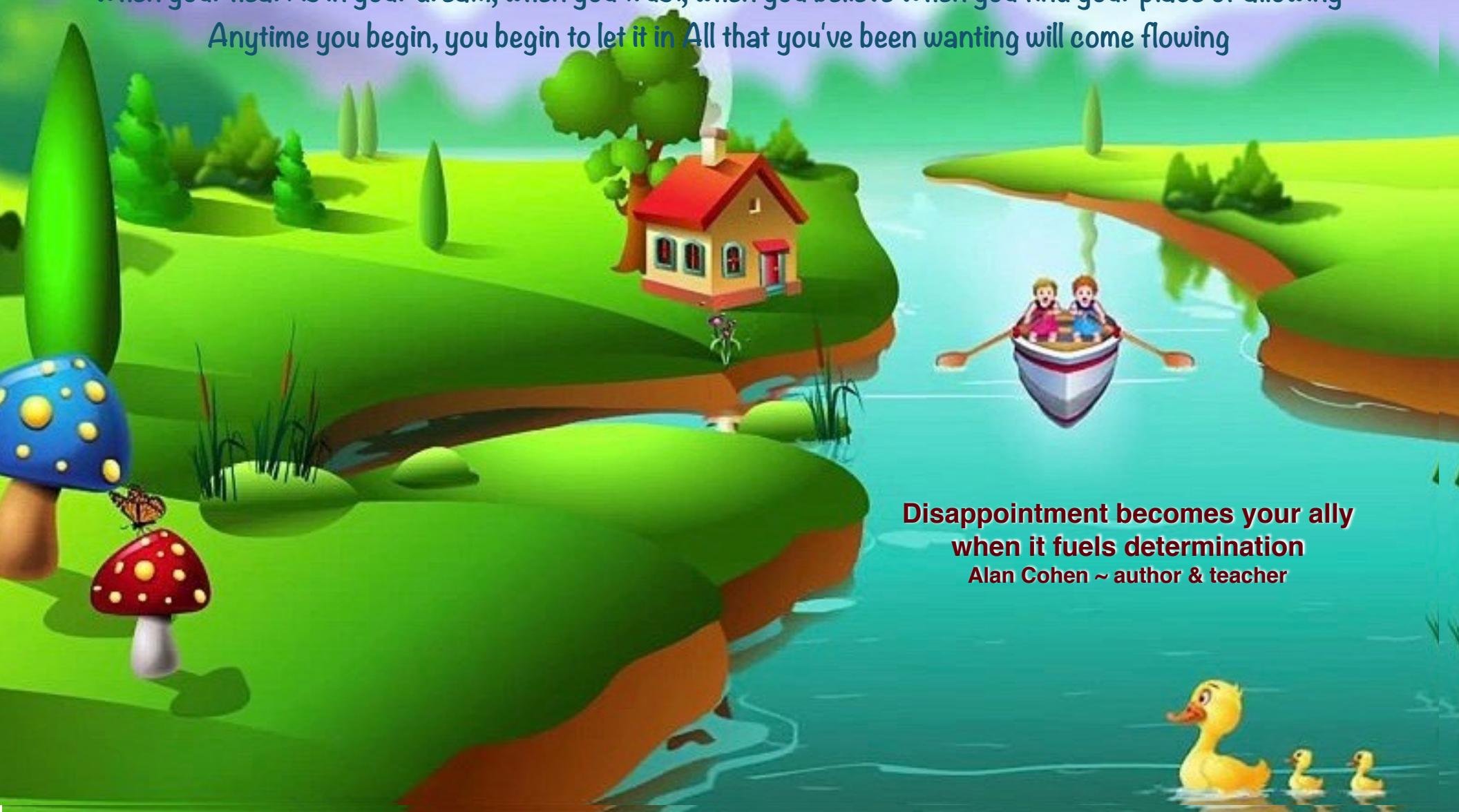


You can hold on ~ you can let go ~ you can move on ~ the moment you know ~
To turn your boat around and go with the flow ~ lay your paddles down ~ relax & let go
Go with the flow now ~ *flow flow flow* ~ go with the flow now ~ let yourself go
Go with the flow now ~ *flow flow flow* ~ go with the flow now ~ relax & let go

THERE'S ALWAYS ANOTHER BOAT

There's always another boat, another chance, a new beginning
Always another boat, another door waiting to open
Always another boat, another dream unfolding

When your heart is in your dream, when you trust, when you believe
When you find your place of allowing
Anytime you begin, you begin to let it in All that you've been wanting will come flowing



**Disappointment becomes your ally
when it fuels determination**
Alan Cohen ~ author & teacher

LIFE IS WHAT YOU MAKE IT

Verse 1

Today the sun will rise
Today my light will shine
Today I recognize
What I want can be mine

Verse 2

Today is all I have
Today is where I am
Today I'll choose my thoughts
To feel the best I can

Verse 3

It's all so clear to me
How my life's come to be
I'm the one who creates
My own reality

Chorus

Life, life, life
Life is what you make it (2)

Verse 4

There are things I don't like
Some things I cannot change
I've given up the fight
And let go of the pain

Chorus

Life, life, life
Life is what you make it (2)

Verse 5

My life's a picture show
I create as I go
I'm in it for the ride
Here from the other side

Chorus

Life, life, life
Life is what you make it (2)

Verse 6

There's nothing to forgive
For there's no one to blame
I chose all that I lived
I'd do it all again

Chorus

Life, life, life
Life is what you make it (2)

Coda

This is how I planned it to be
A perfect blend of variety
To live my life happy and free
To make my life the best it can be

Chorus

Life, life, life
Life is what you make it (2)

Life, Life, Life – Life is what you make it
follow your heart & make peace with where you are

RELAX & BREATHE

I want to feel good ~ I want to be well
I want to have fun ~ To love myself

Take time to align ~ Take time to align
Take time to align ~ Take time to align
RELAX & BREATHE

I love to feel good ~ I love to be well
I love to have fun ~ I love myself

Take time to align ~ Take time to align
Take time to align ~ Take time to align
RELAX & BREATHE

‘I love to feel good ~ to feel good ~ to feel good’

ALWAYS MAKE THE BEST OF IT

A photograph of a person from behind, wearing a yellow backpack and grey shorts, walking away on a paved path. The path leads towards a bright, golden sunrise over a calm lake and a range of mountains. The sky is filled with warm, yellow and orange hues. The overall atmosphere is peaceful and inspiring.

Dawn breaks more beautifully after adversity
It takes a few clouds to make a more beautiful sunset

Contrast can magically give you greater clarity
Wherever you are always make the best of it!

Make the best of it! Make the best of it!
Wherever you are always make the best of it!

Dawn breaks more beautifully after adversity
Wherever you are always make the best of it!

‘When starting remember where you want to end up and you will hasten your arrival’
Alan Cohen — daily inspiration

'LIGHTEN UP!'

Lighten up your life today
Look for joy, go out and play
Lighten up!

Lighten up your heart and say
I can be happy anyway
Lighten up!

Take it easy, take it slow
Plant a seed and let it grow
We're never done so what's the rush
Just relax and lighten up!

Lighten up your life today
Look for joy, go out and play
Lighten up!



"Find your next point of excitement without attachment to the outcome"

'Bashar'

MAKE PEACE WITH WHERE YOU ARE

**Make peace with where you are
Tend to your connection
Make peace with where you are
Make your life a vacation
Make peace with where you are
Have more fun don't work so hard
Make peace with where you are
Do it ~ do it now!**

"Even while you strive to improve your life, you are whole, well & perfect where you stand"
Alan Cohen ~ daily inspiration

Look for reasons to feel good

Look for reasons to feel good

Look for reasons to be happy

Look for things that make you smile

Look and see the beauty

When every now and then

I lose my way again

Without a plan, with no direction

I feel lost and alone

Must find my way back home

Find my way back to connection

The best that I can do

Is to remember to...

Look for reasons to feel good

Look for reasons to be happy

Look for things that make me smile

Look and see the beauty

Look for reasons to be happy

‘Become a passionate observer of what you want’

Abraham

SOOTHE YOURSELF

Soothe yourself, soothe yourself
Into connection
Easy now, gently now
Into alignment
Letting go, letting go
Letting go of resentment
Soothe yourself, soothe yourself
Into well being
Easy now, gently now
Back into balance
Letting go, letting go
Letting go of resistance

Soothe yourself, soothe yourself
Back into... into connection
Back into... back into - into alignment
Back into... back into - into well-being
Back into... back into - back into balance
Back into... back into - into connection
Back into... back into - back into -into alignment

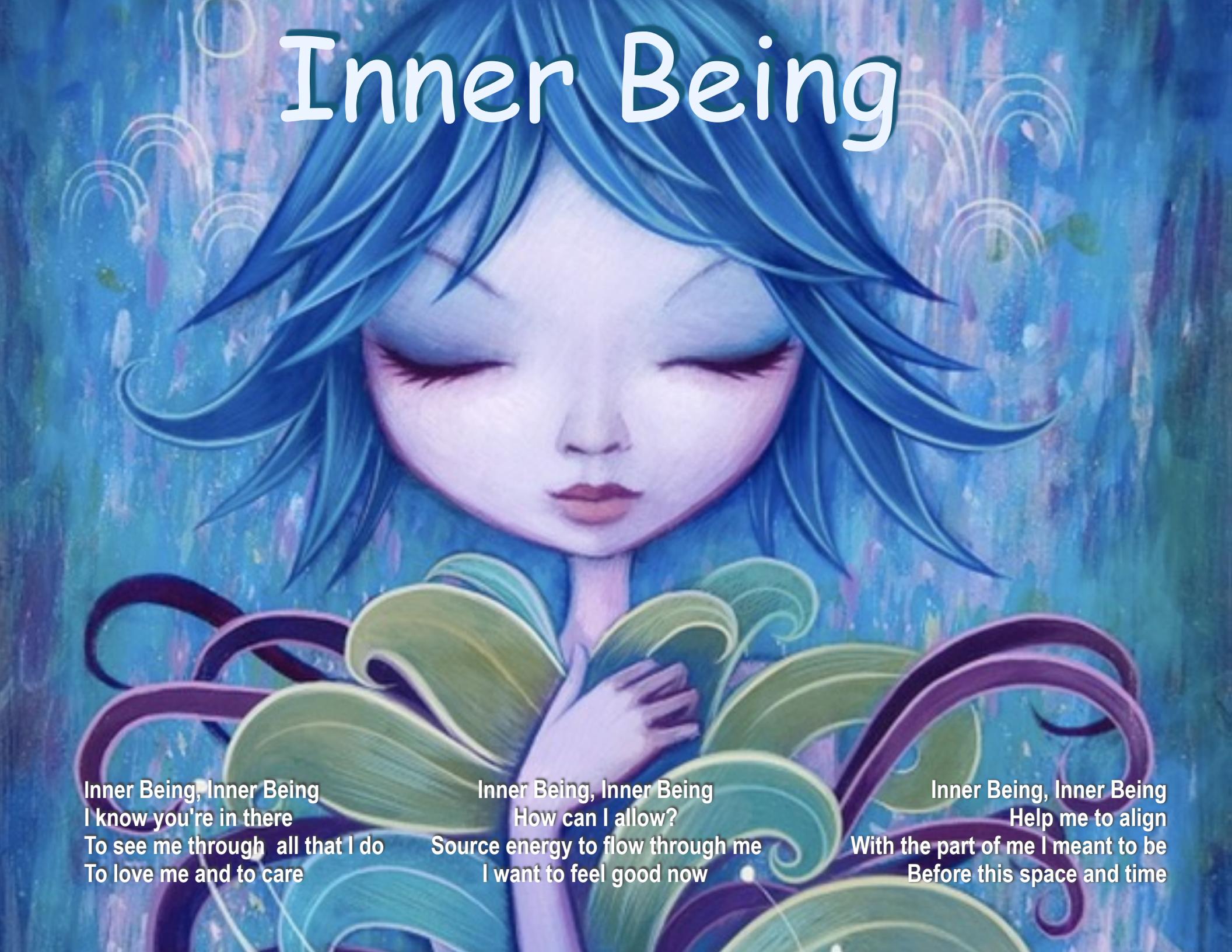
Hope contains a shred of doubt~faith simply knows

Alan Cohen ~ daily inspiration

Transition



Inner Being



Inner Being, Inner Being
I know you're in there
To see me through all that I do
To love me and to care

Inner Being, Inner Being
How can I allow?
Source energy to flow through me
I want to feel good now

Inner Being, Inner Being
Help me to align
With the part of me I meant to be
Before this space and time

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 savor each precious moment
And here and now is what is most important

Chorus

To follow you dream for that's who you are
One perfect being, a bright shining star
Shine on...

‘It is no use to sit in the forest if your mind is in the city’
Thich Nhat Hanh

I'm a Shining Light

I'm a shining light,
I'm a good girl
I'm a shining light
When I know who I am
I'm a shining light
I'm an angel
I'm a shining light
When I feel good

And I feel good, I feel good
I feel good, when I be me

I'm a shining light, I'm a gift of God — I'm a shining light, when I feel good
And I feel good, I feel good — I feel good, when I be me

I'm a shining light
I'm a happy girl,
I'm a shining light
When I know who I am
I'm a shining light
I'm a blessing
I'm a shining light
When I feel good

And I feel good, I feel good
I feel good, when I be me

‘The richest freedom is the power to choose inner peace’

Alan Cohen ~ author & teacher

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

Love never dies

Quotes from 'Love Without End' by Glenda Green

Flute: Shelley Snow

DO IT FOR LOVE

Verse 1

A little better * as I learn to find my way
A little stronger * with each passing day
A little wiser * for life has taught me to see
A little clearer * who I was born to be

Verse 2

A little older * my mirror says to me
A little gentler * the hand that sets me free
A little brighter * the road ahead I see
A whole lot clearer * for my heart is telling me

Chorus

Do it for love girl-not for anything else

Do it for love girl-do it for yourself

do what you love



Love what you do

Chorus

Do it for love girl-not for anyone else

Do it for love girl-do it for yourself

Verse 3

A little freer * as I learn to simplify
A little kinder * to those who pass me by
A little lighter * now I've got wings to fly
A little higher * and this is the reason why

Chorus

I do it for love now-not for anything else

Do it for love now-I do it for myself

Do it for love now-not for anyone else

Do it for love now-I do it for myself

Chorus

Do it for love girl-not for anyone else

Do it for love girl-do it for yourself

Do it for love girl-not for anything else

Do it for love girl-do it for yourself



IT'S A GOOD DAY

The sun is shining
My heart is beating
It's a good day

The world is spinning
My heart is singing
It's a good day



And when it's raining
No use complaining
Make it a good day
It's a good day
To be alive

Ending
It's a good day
It's a good day
It's a good day
It's a good day
Cuz I'm alive!

When confronted with a situation that appears fragmented or impossible, step back, close your eyes, go to the inner place where problems cannot enter, and abide in the consciousness of well-being
Alan Cohen ~ daily inspiration

Bridge

It's a good day,
It's a good day
Thoughts are flowing
It's a good day
Though I don't know
Where I'm going

The sun is shining
My heart is beating
It's a good day

The world is spinning
Birds are singing
It's a good day

And when it's raining
No use complaining
Make it a good day
It's a good day
It's a good day
It's a good day
It's a good day
To be alive

My Wish For You

Comfort on difficult days — Smiles when sadness intrudes
Rainbows to follow the clouds — Laughter to kiss your lips
Sunsets to warm your heart — Hugs when spirits sag
Beauty for your eyes to see — Friendships to brighten your being
Faith so that you can believe — Confidence for when you doubt
Courage to know yourself — Patience to accept the truth
Love to complete your life

Ralph Waldo Emerson

With love & waves of well-being
from Francine

Month:

DAILY PERPETUAL & REUSABLE CALENDAR

To purchase a print copy, cd...or download a pdf
contact: rainbowmusic.ca

A 5x7 grid of 35 empty white boxes, each with a thin black border. The grid is set against a background of a sunset over a range of mountains. The sky is a gradient of warm colors, transitioning from orange and yellow at the horizon to a darker blue at the top. The mountains are silhouetted against the sky, with some peaks more prominent than others. The overall image has a soft, dreamlike quality.

thenudream@gmail.com or rainbowmusic@videotron.ca

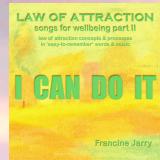
Where to find my music



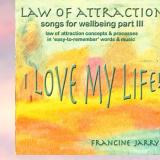
Joy Joy Joy



If you want it



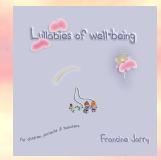
I Can Do it



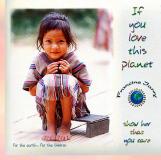
I love my life



I can begin again



Lullabies of well-being



If you love this planet



It's up to me



Going Home

Spotify

[Spotify](#)

Apple Music & iTunes

[Apple Music](#)

Amazon

[Amazon](#)

Broadjam

[Broadjam/francinejarry](#)

YouTube

[YouTube/francinejarry](#)

'Your musical connection to well-being'

[rainbowmusic.ca](#)

Music My Life (youtube video)

[Musical biography](#)



contact

[francinejarry.ca](#) ~ [rainbowmusic.ca](#)

<https://rainbowmusic.ca/albums>

rainbowmusic@videotron.ca

thenudream@gmail.com

~ Musical Websites ~

(for children, parents & teachers & for school smart boards)

[thestoryoftime.com](#) ~ [followtherainbow.ca](#) ~ [ifyoulovethisplanet.ca](#)

[doitforlove.ca](#) ~ [itsuptome.ca](#) ~ [goinghomesongs.ca](#)

I CAN DO IT — songbook calendar series

For a print version, pdf or cd...contact rainbowmusic@videotron.ca

I CAN DO IT!

Francine Jarry

'Law of Attraction concepts & processes'

The “I CAN DO IT” calendar style collection of uplifting & empowering words, images and quotes is a companion to Francine’s several albums & a gentle and daily reminder to help us reconnect with who we truly are ~ spiritual beings having a human experience here to find peace, joy and well-being! The calendar format for these books is so you can hang them on your wall and use each page as a daily inspiration with the option of listening to the matching song track on the online venue of your choice.

The school of life at its best!

'Law of Attraction concepts & processes in easy-to-remember words & music' can be found on abraham-hicks.com as well as all digital venues including Spotify, iTunes, Apple, etc. + rainbowmusic.ca & francinejarry.ca

*'calendar-style books of well-being'
-all ages-*

***sing your way into
well-being***

The Rainbow Music Company
Montreal — Canada