

# **songs for wellbeing part II**

law of attraction concepts & processes  
in 'easy-to-remember' words & music

# **I CAN DO IT**

**Francine Jarry**

# I CAN DO IT!

I CAN DO IT

Sing your way into  
well-being

Law of Attraction inspired calendar style  
“songbook” with lyrics, images & quotes

Album available online on Spotify, iTunes, Apple,  
Amazon etc... [rainbowmusic.ca](http://rainbowmusic.ca) [francinejarry.ca](http://francinejarry.ca)





# 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](http://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](http://itsuptome.ca) - [followtherainbow.ca](http://followtherainbow.ca) - [doitforlove.ca](http://doitforlove.ca) - [ifyoulovethisplanet.ca](http://ifyoulovethisplanet.ca) - [goinghomesongs.ca](http://goinghomesongs.ca) - [francinejarry.ca](http://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](http://rainbowmusic.ca) — [francinejarry.ca](http://francinejarry.ca)

'all ages'

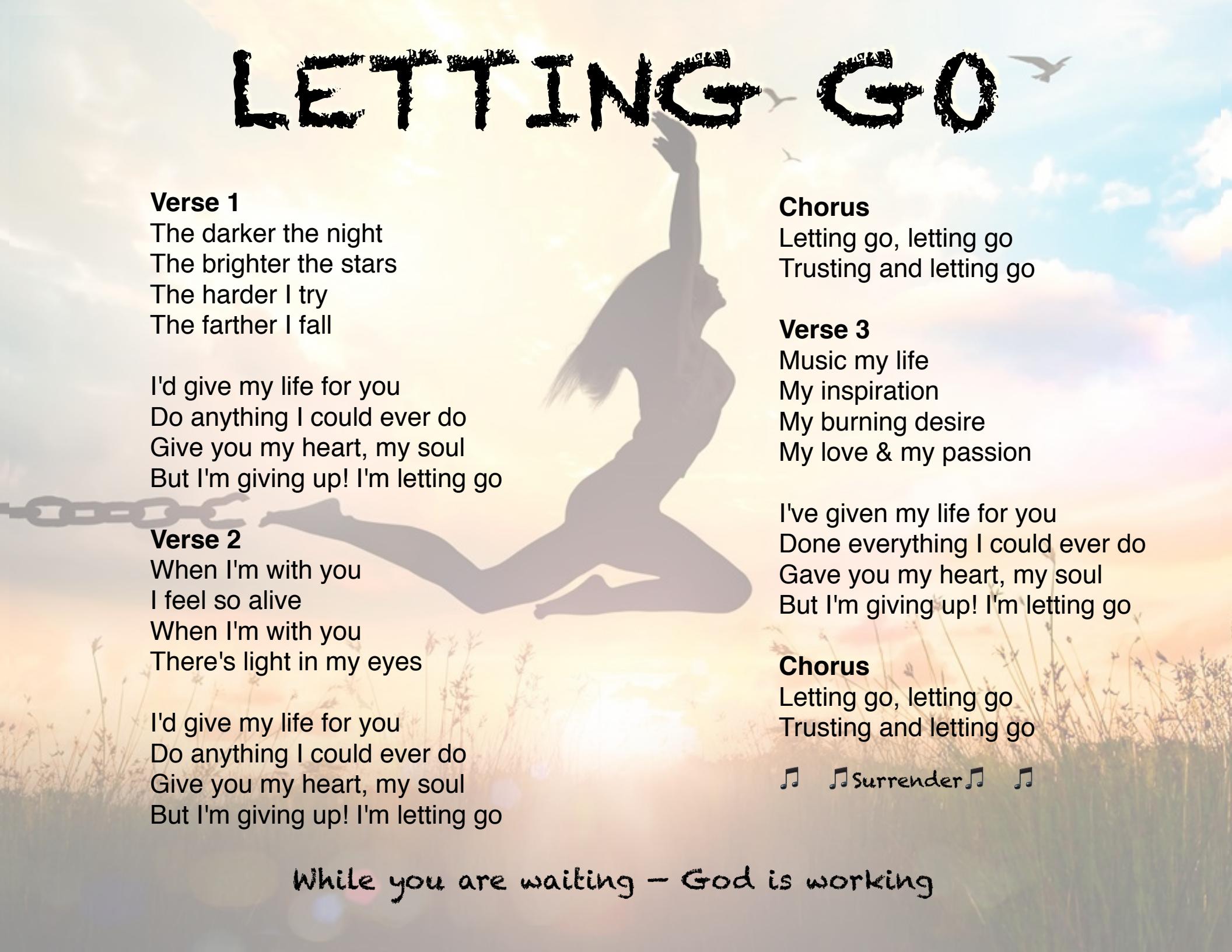
# LAW OF ATTRACTION

## songs for well-being part II

1. Letting go
2. Feeling good
3. Virtual reality
4. Just for the fun of it / Make peace with where you are
5. I can do it /Joy Joy Joy
6. Relax & breathe
7. Let it in - let it in
8. Look for the positive aspects
9. Lift up off of it
10. Make the best of everything
11. Lighten up
12. Life is what you make it
13. I can begin again
14. There's always another boat
15. Feel good now
16. I want more (of all that I consider to be good)

All songs written, recorded and performed by..... Francine Jarry  
Percussion, drums, acoustic//electric guitar & bass..... Marla Caplan  
Acoustic guitar, keyboards & all vocals..... Francine Jarry  
Sequencing & mastering..... Eli Krantzberg  
Produced & arranged by..... Francine Jarry  
1, 2, 5 & 16 produced by..... Francine Jarry, Marla Caplan & Eli Krantzberg  
Cover Art..... Joyce Combs

# LETTING GO



## Verse 1

The darker the night  
The brighter the stars  
The harder I try  
The farther I fall

I'd give my life for you  
Do anything I could ever do  
Give you my heart, my soul  
But I'm giving up! I'm letting go

## Verse 2

When I'm with you  
I feel so alive  
When I'm with you  
There's light in my eyes

I'd give my life for you  
Do anything I could ever do  
Give you my heart, my soul  
But I'm giving up! I'm letting go

## Chorus

Letting go, letting go  
Trusting and letting go

## Verse 3

Music my life  
My inspiration  
My burning desire  
My love & my passion

I've given my life for you  
Done everything I could ever do  
Gave you my heart, my soul  
But I'm giving up! I'm letting go

## Chorus

Letting go, letting go  
Trusting and letting go

♪ ♪ Surrender ♪ ♪

While you are waiting – God is working

# Feeling Good

Where am I going?  
What am I doing?  
What do I want?

Have I been dreaming?  
Is this really living?  
Where do I belong?

If we go on forever  
I want to remember  
What am I doing here?

To make a difference  
And seek joy and freedom  
And most important of all  
To feel good

When all is forgotten  
When all is forgiven  
As we learn to let go

Of old thoughts and patterns  
Of old hurts remaining  
As life begins to flow

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

## *Chorus*

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

*feeling good ~ feeling good ~ feeling good ~ feeling good*

*feeling good ~ feeling good*

*most important of all is feeling good*

*“Abraham”*

# VIRTUAL REALITY

**Virtual reality...**  
**Is the place where you can be**  
**Anywhere, anytime**  
**You can go there in your mind**

**Images of fantasy**  
**Take you where you want to be**  
**You can go there anytime**  
**To feel good to calm your mind**

**Step right in for this is how**  
**You can begin to allow**  
**Step right in for this is how**  
**To let it in, do it now!**  
**Yes let it in and do it now!**

**And take a little time**  
**To travel in your mind**  
**Anything you want to see**  
**Or do or have or be**

**Get in, feel good, get out**  
**Get in, feel good, get out**  
**That's what it's all about**  
**Get in, feel good, get out**

**And take a little time**  
**To travel in your mind**  
**Anything you want to see**  
**Or do or have or be**

***Images of fantasy take you where you want to be***  
***Imagination sets you free in virtual reality***

**IMAGINATION IS MORE IMPORTANT THAN KNOWLEDGE**  
**Albert Einstein**

# JUST FOR THE FUN OF IT MAKE PEACE WITH WHERE YOU ARE

**Just for the fun of it**

**Do it ~ do it ~ do it!**

**Just for the fun of it**

**Do it for the joy of it**

**Just for the joy of it**

**Do it for the love of it**

**Just for the love of it Do it ~ do it now!**

**Just for the love of it Do it ~ do it now!**

**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, and perfect right where you stand"**

**Alan Cohen ~ daily quotes**

# JOY JOY JOY...I Can Do it

**DREAM BIG**, I can do it

I can do it, I can do it, I can do it

**FEEL GOOD**, I can do it

I can do it, I can do it

I can do it

Chorus

**JOY JOY JOY!**

It's all there for me

**JOY JOY JOY!**

Joy is the key

**BE WELL**, I can do it

I can do it, I can do it

I can do it

# I CAN DO IT!

**HAVE FUN**, I can do it

I can do it, I can do it, I can do it!

**JOY JOY JOY!**

It's all there for me

**JOY JOY JOY!**

Joy is the key

I can do it

**JOY JOY JOY!**

It's all there for me

**JOY JOY JOY!**

Joy is the key

Joy is the key

Joy is the key

# 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

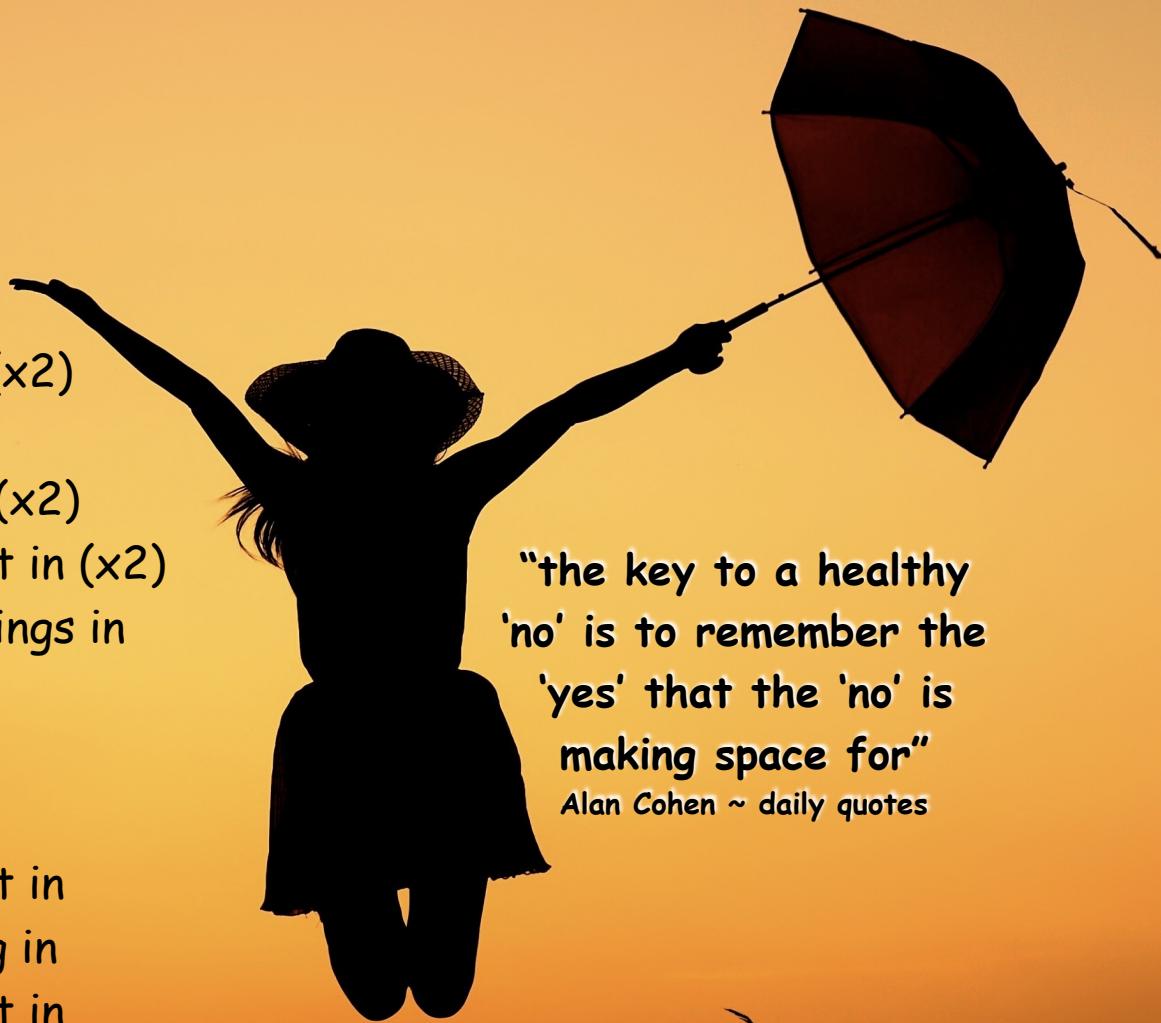
Take time to align ~ Take time to align  
Take time to align ~ Take time to align  
RELAX & BREATHE

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

# LET IT IN - LET IT IN!

I am wealthy, I am wise  
I can see through my own eyes  
With wisdom from within  
I let go as I'm letting it in

Let it in, let it in, let well-being in (x2)  
Let it in, let it in, let clarity in (x2)  
Let it in, let it in, let abundance in (x2)  
Let it in, let it in, let all that I want in (x2)  
Let it in, let it in, let the good feelings in  
Let it in, let it in, let abundance in  
Let it in, let it in, let well-being in  
Let it in, let the well-being in  
Let it in, let it in, let all that I want in  
Let it in, let it in, let the well-being in  
Let it in, let it in, let all that I want in  
Let it in, let it in, let the well-being in...Let it in!



"the key to a healthy  
'no' is to remember the  
'yes' that the 'no' is  
making space for"  
Alan Cohen ~ daily quotes

# LOOK FOR THE POSITIVE ASPECTS

## Verse 1

Look for the positive aspects  
In every situation  
Look for the positive aspects  
Change your focus of attention

## Bridge

Choosing and feeling,  
Feeling and choosing  
Thoughts that serve you best  
So look for the positive aspects  
And disregard the rest!

## Verse 2

Look for the positive aspects  
Let contrast be your guide  
Look for the positive aspects  
The Universe is on your side

## Bridge

Choosing and feeling, feeling and choosing  
Thoughts that serve you best  
Look for the positive aspects (x2)  
And disregard the rest!

## Verse 3

Keep looking for the positive aspects  
In every situation  
Look for the positive aspects  
Change your focus of attention

## Bridge

Choosing and feeling, feeling and choosing  
Thoughts that serve you best  
So look for the positive aspects (x3)  
And disregard the rest!

Look for positive aspects — Look for positive aspects — Look for positive aspects — They're everywhere you go  
Look for positive aspects — Look for positive aspects — Look for positive aspects — They're everywhere you know  
Look for positive aspects — Look for positive aspects — Look for positive aspects — They're everywhere you go

# LIFT UP OFF OF IT...

## Verse

Lift up off of it  
Give it up and be done with it  
De-activate  
Thoughts that get in the way  
Send them back to yesterday  
De-activate

## Bridge

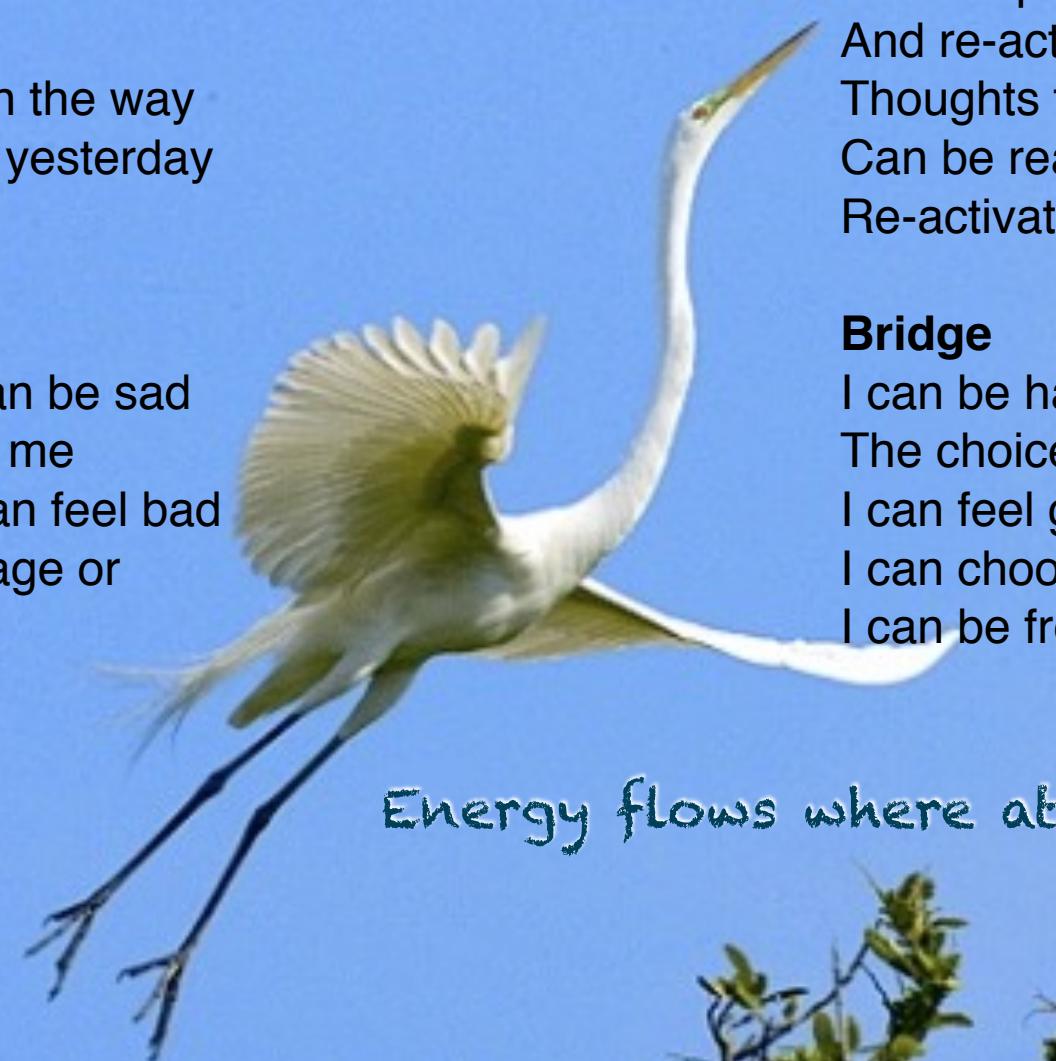
I can be happy, I can be sad  
The choice is up to me  
I can feel good, I can feel bad  
I can choose bondage or  
I can be free

## Verse

As I lift up off of it  
Give it up and be done with it  
And re-activate  
Thoughts that feel good to me  
Can be real or fantasy  
Re-activate ~ re-activate

## Bridge

I can be happy, I can be sad  
The choice is up to me  
I can feel good, I can feel bad  
I can choose bondage or  
I can be free



Energy flows where attention goes...

# MAKE THE BEST OF EVERYTHING



### Verse 3

When will my troubles ever end?  
My lover left with my best friend  
My bills are piling up so high  
Well I can cry or I can try...  
I can try to...

### Chorus

Make the best of everything  
Trust in what tomorrow will bring  
Soon again my heart will sing  
Make the best of everything

### Intro

Make the best of everything  
Trust in what tomorrow will bring  
Soon again your heart will sing  
Make the best of everything

### Verse 1

When nothing seems to go my way  
My best laid plans have gone astray  
I just can't find the light of day  
I want to run so far away

### Verse 2

I know the answer's there somewhere  
My dreams have vanished in thin air  
I've had much more than my fair share  
Some days are more than I can bear  
and they said...

### Chorus

Make the best of everything  
Trust in what tomorrow will bring  
Soon again your heart will sing  
Make the best of everything

*The grace that has seen you through thus far will see you through always...*

Alan Cohen...author & teacher

# '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'

# 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**

# 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 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

# 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

# FEEL GOOD NOW!

Feel good ~ Have fun

Feel good ~ Have fun

Feel good ~ Have fun

Feel good now...

Nothing's broken ~ nothing's wrong  
All is well ~ here's where I belong

Love intentionally  
extravagantly  
unconditionally

Alan Cohen...author & teacher

# I WANT MORE of all that I consider to be good

## Intro

This is what I'd been looking for  
This is my new-found road to joy  
To be satisfied with what is  
And eager for more

**More, more, much much more**  
I want more, I want more  
**I want much much more**  
Evidence of well-being  
Coincidence I keep seeing  
**I want more, more, much much more**



\$\$ flowing to me easily  
My life unfolding perfectly I want  
**More, more, much much more**  
Dreams becoming reality  
Moments of connection and clarity  
**More, more, much much more**  
Days of perfect synchronicity  
Wisdom to notice opportunity I want  
**More, more, much much more**



Doing only things that I love to do  
Time to myself anytime I choose  
Happy thoughts anytime of day  
Knowing all I want is on its way  
**I want more, more, much much more**

Eager little children who make me smile  
Rainbows around me in the sky  
Beautiful sunsets that make me high  
Geese in formation as they fly  
Warm summer wind against my skin  
Happy thoughts and feeling good again  
**I want more, more, much much more**

Joy and freedom and having fun  
Endless days filled with laughter  
Country walks in the summer sun  
This little song can go on forever  
**I want more, I want more**  
**Much much more (repeat)**  
**More, more, much much more**

*freedom & joy*

# 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

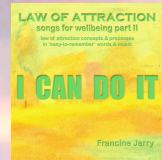
# Where to find my music



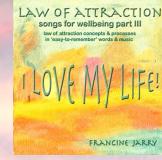
Joy Joy Joy



If you want it



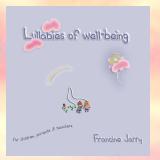
I Can Do it



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](mailto:rainbowmusic@videotron.ca)

[thenudream@gmail.com](mailto: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](mailto:rainbowmusic@videotron.ca)

# Month:

# DAILY PERPETUAL & REUSABLE CALENDAR

To purchase a print copy, cd...or download a pdf  
contact: [rainbowmusic.ca](http://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 pink and purple at the top. The mountains in the background are silhouetted against the bright sky.

[thenudream@gmail.com](mailto:thenudream@gmail.com) or [rainbowmusic@videotron.ca](mailto: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](http://abraham-hicks.com) as well as all digital venues including Spotify, iTunes, Apple, etc. + [rainbowmusic.ca](http://rainbowmusic.ca) & [francinejarry.ca](http://francinejarry.ca)

‘calendar-style books of well-being’  
-all ages-

*Sing your way into  
well-being*



**The Rainbow Music Company**  
Montreal — Canada