

songs for wellbeing part III

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

I LOVE MY LIFE!

Francine Jarry

I CAN DO IT!

I LOVE MY LIFE

Sing your way
into well-being

Law of Attraction “Abraham” inspired calendar
style SONG BOOK with lyrics, images & quotes

Album available online on Spotify, iTunes, Apple
amazon, etc...rainbowmusic.ca 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** 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'

I LOVE MY LIFE...the songs

1. Life is supposed to be fun
2. Count your blessings
3. I love my life
4. It's up to me (if I want to be happy)
5. The Moment
6. Choices choices choices
7. Lullabies of well-being
8. Everything is temporary
9. Tell a different story
10. Me me me
11. Are you as happy as your dog?
12. Look for reasons to feel good
13. Bye bye fear ~ hello love*
14. The world is my playground
15. I want to have 'fun fun fun'
16. Hitch your wagon to a star
17. I'm so happy & my life is so simple
18. Well-being abounds
19. The better I feel ~ the better it gets
20. I CAN DO IT! (reprise)
21. Thank you Abraham (see rainbowmusic.ca)

All songs written, recorded, produced & performed by Francine Jarry
Percussion, guitar & bass on 2, 17 & 19 by Marla Caplan
Guitar on 5 & 11 by Davis Joachim
It's up to me (4) produced by Peter Mika
5 & 11 produced by Eli Krantzberg
Are you as happy as your dog? title Alan Cohen
Bye bye fear~hello love co-written with Jeanne Denny

Streamings & downloads on Spotify~Amazon~Apple/iTunes etc.

broadjam.com/francinejarry ~ francinejarry.ca ~ rainbowmusic.ca

To purchase a print copy, cd or download a pdf please contact...rainbowmusic@videotron.ca

Life is supposed to be fun

Chorus 1

Life is supposed to be fun
Life is supposed to feel good now
Don't live it all on the run
Life is supposed to be fun

Chorus 2

Life is supposed to feel good
Life is supposed to bring you joy
Freedom to choose what you would
Life is supposed to feel good

Verse 1

Do the things that make you feel best
Think the thoughts that make you feel best
Go to the places that make you feel best
Look at the faces that make you feel best
And remember...remember... **Chorus 1**

Verse 2

Dream the dreams that make you feel best
Sing the songs that make you feel best
Play with the friends that make you feel best
Talk about things that make you feel best
And remember...remember...

Chorus 1

Life is supposed to be fun
Life is supposed to feel good now
Don't live it all on the run
Life is supposed to be fun

Chorus 2

Life is supposed to feel good
Life is supposed to bring you joy
Freedom to choose what you would
Life is supposed to feel good

'wherever you are-always make the best of it'



Irish flute...Kelly Symons

COUNT YOUR BLESSINGS

Verse 1

Stay positive

Away from the negative

Count your blessings

Verse 2

And be affirmative

It's good to get, it's good to give

Count your blessings

Chorus

Count your blessings ~ count them one by one

Count your blessings ~ count them one by one

By one by one...

Verse 3

And when you're feeling sad and low

It's just a sign you're about to grow

Count your blessings

Verse 4

And stay positive

Away from the negative

Count your blessings... count

Chorus

Count your blessings ~ count them one by one

Count your blessings ~ count them one by one...

Repeat Verse 4

Ending

Get me out of this mess

I'm feeling kind of stressed

And more than a little depressed

Get me out of this mess

Count your blessings, count them one by one

Count your blessings, count them one by one

tonight as you fall asleep

'count your blessings instead of sheep'

I LOVE MY LIFE

So many things to do today
Good things are coming my way
So many things to do today
Happy times are here to stay

So many things to do today
Everything is going my way
I'm letting it in, I want to sing
Fill my calendar with happy things
I'm feeling better
With each day that goes by
I'm flying so high,
Feel I can touch the sky



I love my dreams ~ my newborn desires
I feel good, I love my life!
Yes! I feel good, I love my life!

'it's up to me' (if I want to be happy)

Verse 1

It's up to me if I want to be happy
It's up to me, it's up to me
To live my life and to do what I want to
It's up to me, it's up to me

Verse 2

It's up to me if I want to be healthy
It's up to me, it's up to me
To live my life and to be what I want to
It's up to me, it's up to me
It's up to me, it's up to me

Bridge

I can be kind, I can be loving
Can make up my mind to be forgiving
I can be happy, I can be healthy
I can have it all
It's up to me to want to be
All that I can be

Verse 3

It's up to me if I want to be happy
It's up to me, it's up to me
To live my life and to do what I want to
It's up to me, it's up to me
It's up to me, it's up to me
It's up to me, it's up to me

Bridge

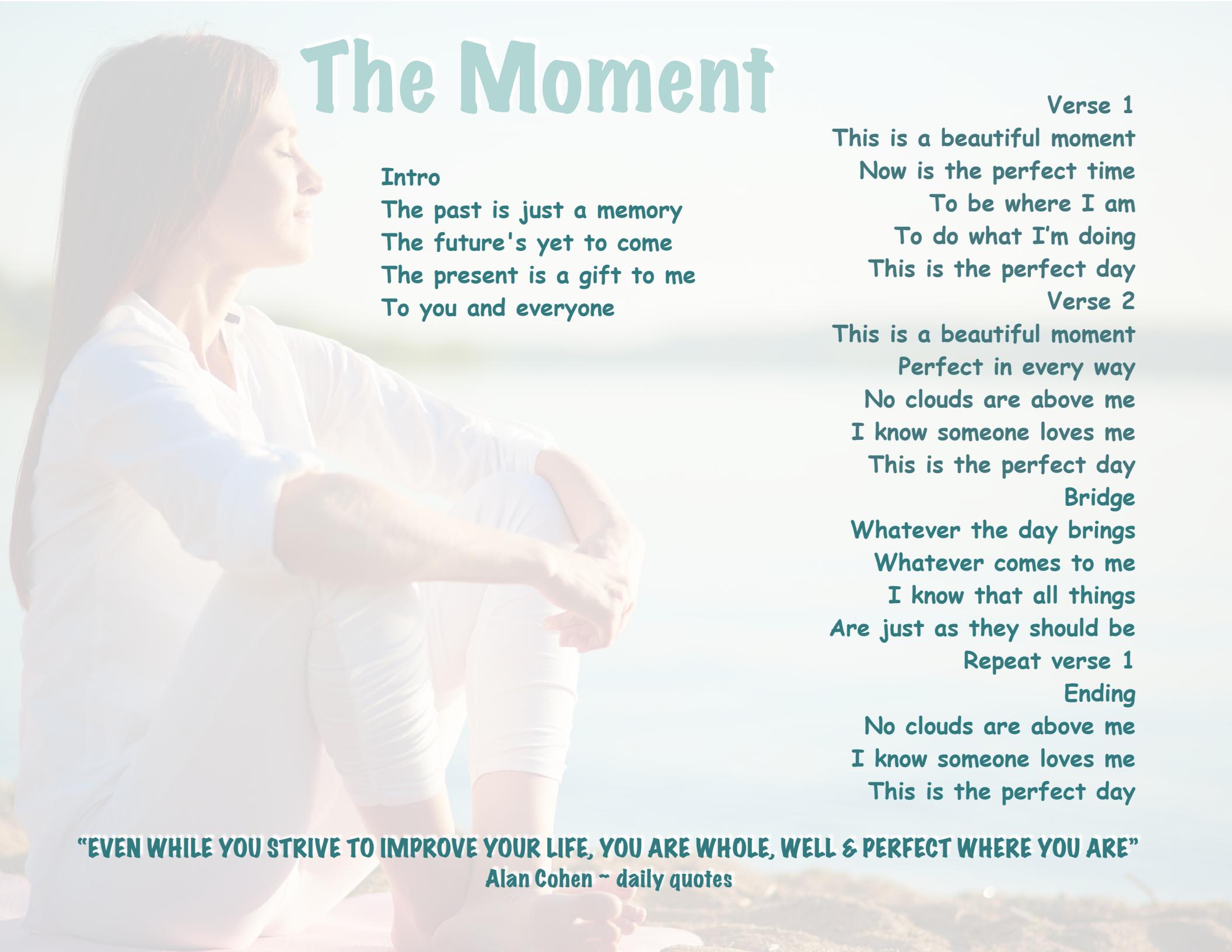
I can be happy, I can be healthy
I can have it all
It's up to me to want to be
All that I can be

Verse 4

It's up to me if I want to be happy
It's up to me, it's up to me
It's up to me, it's up to me
It's up to me, it's up to me

Life is supposed to be fun!





The Moment

Intro

The past is just a memory
The future's yet to come
The present is a gift to me
To you and everyone

Verse 1

This is a beautiful moment
Now is the perfect time
To be where I am
To do what I'm doing
This is the perfect day

Verse 2

This is a beautiful moment
Perfect in every way
No clouds are above me
I know someone loves me
This is the perfect day

Bridge

Whatever the day brings
Whatever comes to me
I know that all things
Are just as they should be

Repeat verse 1

Ending

No clouds are above me
I know someone loves me
This is the perfect day

“EVEN WHILE YOU STRIVE TO IMPROVE YOUR LIFE, YOU ARE WHOLE, WELL & PERFECT WHERE YOU ARE”
Alan Cohen ~ daily quotes

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

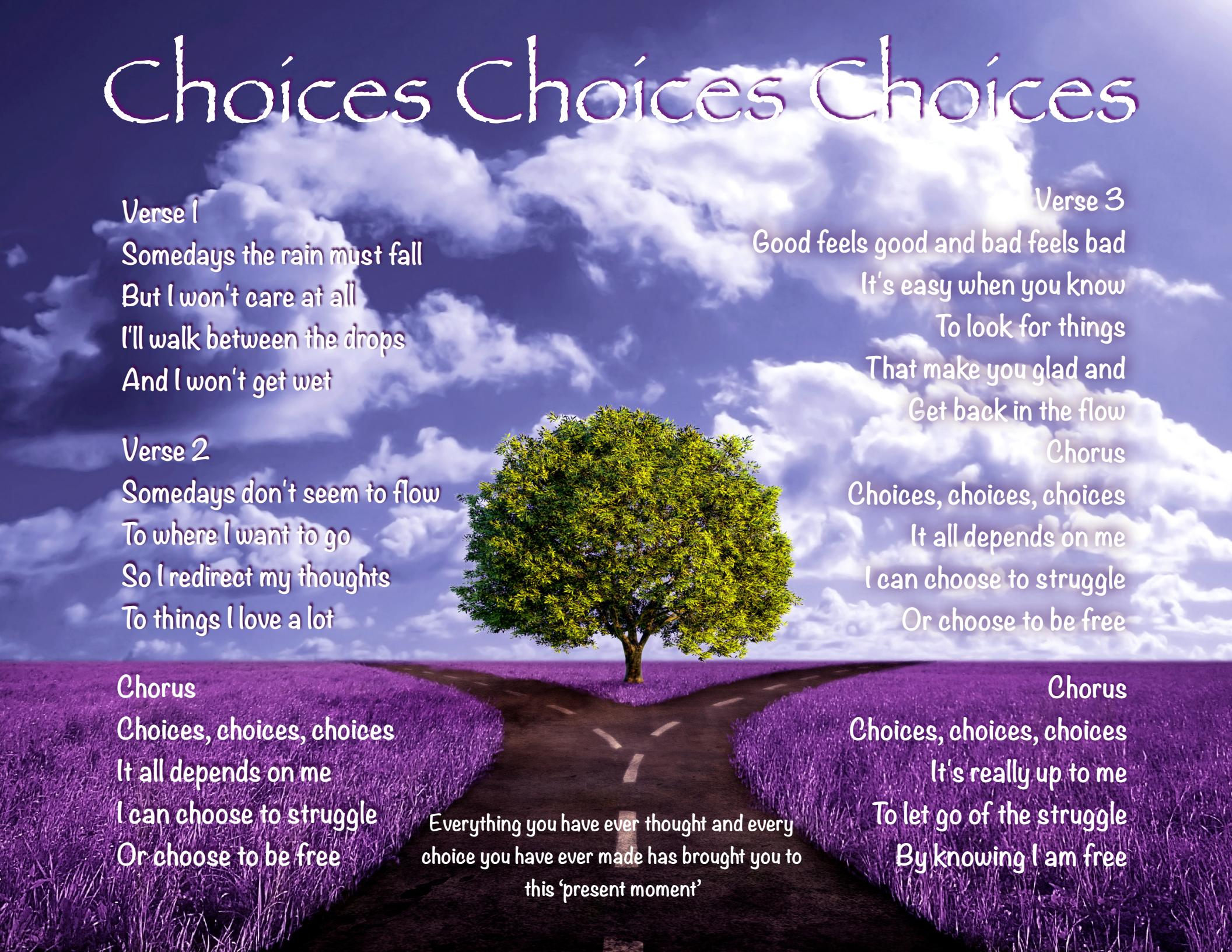
Good feels good and bad feels bad
It's easy when you know
To look for things
That make you glad and
Get back in the flow

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



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

Lullabies of well-being

YOU'RE IN CHARGE / FRÈRE JACQUES

Are you feeling, are you feeling
Good or bad, good or bad
When you pay attention
To your emotion
You're in charge, you're in charge

I CAN DO ANYTHING!

I can do anything, anything, anything
I can do anything I want to
I can do anything, anything, anything
I can do anything at all
I can choose anything, anything, anything
I can choose anything I want to
I can choose anything, anything, anything
I can choose anything at all... and

FEEL GOOD NOW (3 BLIND MICE)

Feel good now, feel good now
Joy is the key, joy is the key
Mind my own business and carry on
Be good to myself and have some fun
And feel good now, feel good now

AM I LIVING LIGHTLY? (AU CLAIR DE LA LUNE)

Am I living lightly, **am I in the flow?**
Am I shining brightly, **knowing what I know?**
All I ever wanted is lined **up at my door**
And when I believe it, it's mine for ever more

BELIEVE IT AND YOU WILL SEE IT!

Believe it and you will see it
You'll see it when you believe it
Believe it and you will see it
You'll see it when you believe it? and

LOOK FOR THE GOOD!

Look for the good
In everything you see
Look for the good
In everyone you meet
Look for the good
And that's what you will find
Look for the good

It's been there all the time(x2)

LIVE MY LIFE TO THE FULLEST

I want to **feel** good
I want to **be** well
I want to live my life
To the fullest, to the fullest (x2)
*I want to set my tone
And keep my thoughts up high
I want to live my life
To the fullest, to the fullest
I want to **feel** good
I want to **be** well
I want to live my life
To the fullest, to the fullest*

*Look for the good - In everything I see - Look for the good - In everyone I meet - Look for the good
And that's what I will find - Look for the good - It's been there all the time - It's been there all the time
It's been there all the time...*

Everything is temporary



*Nothing's more important than
Feeling good, feeling good*

*Nothing's more important than
Feeling good now!*

*When you're feeling bad, when you're feeling sad
Remember that it's temporary soon you will be glad*

*That you decided to... take another view
Remember that it's temporary now you know what to do*

*When every now and then, you feel a little pain
Remember that it's temporary, there it went again*

*There it went again, there it went again
Everything is temporary, there it went again*

*So the next time you feel bad, the next time you feel sad
Remember that it's temporary soon you'll be glad you had*

*This opportunity to give you clarity... *by now*
*you will have understood...that first you must feel good...**

*Nothing's more important than feeling good, feeling good
Nothing's more important than feeling good now!*

TELL A DIFFERENT STORY

*Everything always comes my way, everything comes to me
All that I want always comes my way, everything comes to me*

Verse 1

When I tell it like I want it to be
Tell it like I want it to be
When I tell it like I want it to be
I get it like I want it to be

Verse 2

So I tell it like I want it to be
And tell a different story
If I want to change my reality
I've gotta tell a different story

Bridge

Energy flows where attention goes
So tell it like you want it
Believe it and expect it

Verse 3

And tell it like you want it to be
Tell it like you want it to be
When you tell it like you want it to be
You get it like you want it to be

So tell it like you want it to be
And tell a different story
When you want to change your reality
You've gotta tell a different story

*If you want to change your reality
You've gotta tell a different story*



I CAN DO IT!

Me Me Me

2-4-6-8 ~ 2-4-6-8

Who do I appreciate?

Me me me

2-4-6-8 ~ 2-4-6-8

Who do I appreciate?

Me me me ~ me me me

I love myself ~ I love myself

Exactly as I am

I love myself ~ I love myself

I'm doing the best I can

2-4-6-8 ~ 2-4-6-8

Who do I appreciate?

Me me me ~ me me me

I love myself ~ I love myself

Exactly as I am

I love myself ~ I love myself

I'm doing the best I can

2-4-6-8 ~ 2-4-6-8

Who do I appreciate?

Me me me ~ me me me

Me me ~ me me

Me me me me

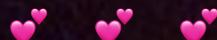
Me me me me

me me me me

Me me me

Yes me!

“I love and appreciate myself exactly as I am”



Are you as happy as your dog?

Are you as happy as your dog?
Are you as happy as you'd like to be?
If you keep thinking what you always thought
You keep getting what you always got
If what you have's not what you're looking for
And deep inside you know there's got to be more

Are you as happy as your cat?
Are you as happy as you'd like to be?
Well if you stop thinking what you always thought
You'll stop getting what you always got
And soon you'll have what you've been looking for
And realize that there was so much more

And you will be as happy as your dog or your cat
Yes you! will be as happy as you'd like to be
Right now! Right now! Right now! Right now!

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
Song title: Alan Cohen

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

BYE BYE FEAR ~ HELLO LOVE

Verse I

A fear is just a fear
Until you make it into your problem
So bang it on the head
Boot it in the rear
Send it on its way and
Get rid of fear today

Verse II

Fear can't exist
Until you make it into your problem
So fill your heart with love
And fear will melt away
Fill your life with joy
And change fear to love today
And love, love, love, love!

Ending

So fill your heart with love and fear will melt away
Fill your life with joy and change fear to love today

Part II - Chorus

Love is Energy! Beautiful energy
Energy! Pure positive energy

Verse I

Energy flows where attention goes(x3)
So focus...on what...you want...
And that's what you'll get!

Chorus

Love is energy! Positive energy
Energy! Beautiful energy...

Verse II

Energy flows where attention goes(x3)
And worrying...is praying...for what?
What you don't want!

"ENERGY FLOWS WHERE ATTENTION GOES!"

'you always get what you think about whether you want it or not!'

The world is my playground

Verse 1

The world is my playground
Under the sun
The world is my playground
I came to have fun
For the adventures
I live everyday
As I dream and discover
How to find my own way

Verse 2

The world is my playground
Under the sun
I chose to be here
I came for the fun
Some say I must struggle
And work very hard
And someday for my trouble
I'll get my reward

Verse 3

But I know when I'm happy
That's when I allow
Good things to come to me
And somewhere somehow
I know deep inside me
Here in my heart
All I need is to feel good
I've known from the start

Verse 4

The world is my playground
Under the sun
I chose to be here
I came for the fun
For the adventures
I live everyday
And for all of the treasures
That keep coming my way

Melody...Rock-a-Bye Baby

FUN FUN FUN



I wanna do do do
I wanna do do do
Do what I love
Do what I love
I wanna do do do
Do it my own way

I wanna be be be
I wanna be be be
I wanna be me*I wanna be me
I wanna be be be
Who I meant to be
From my non-physical perspective

I wanna feel good now
I wanna feel good now
I wanna laugh*I wanna sing
I wanna be kind to all living things
I wanna feel good now
That's what I care about

I wanna have fun fun fun
I wanna have fun fun fun
I want to play*just want to play
I want to fun fun fun
And play my life away

Fun fun fun
I wanna have fun fun fun
I wanna play*I just wanna play
I wanna have fun fun fun
And play my life away
And play with you all day

Hitch
Your
Wagon



to
a
Star

Ralph Waldo Emerson

I love & appreciate myself
exactly as I am

Chorus

Hitch.. your wagon to a star
Be...aware of who you are
Love...yourself and you'll go far
Hitch...your wagon to a star

Verse

Be your own true self
And not anyone else
That's the best that you can be
You be you and I be me

I'm so happy and my life is so simple

I'm so happy and my life is so simple
I'm so happy and my life is so good

Take the alphabet and make up happy words
And the joy they bring soon can be yours
When you say these words to yourself each day
You feel so much better and you want to say

I'm so happy and my life is so simple
I'm so happy and my life is so good

You can say these words no matter how you feel
And the joy they bring soon can be real
When this little song keeps coming back to you
Keep it in your head and say/sing it to yourself

Think thoughts
that feel good
APPRECIATE
YOURSELF!

Most important
of all is
“feeling good”



Well-Being Abounds

Intro

You always get
What you think about
Whether you want it or not (x3)

So...

Think thoughts that feel good
Appreciate yourself
Wait not to be understood
Appreciate yourself (x2)

Well-being, well-being
Well-being abounds (x2)

Verses

When you're tuned in
Tapped in...
Turned on, movin' on
Well-being abounds

Eliminate, activate
Create, appreciate
Well-being abounds

Connection, attention
Emotion, vibration
Well-being abounds

Clarity, diversity
Endless opportunity
Well-being abounds

Well-being, well-being
Well-being abounds

Ending
So think thoughts
That feel good
Appreciate yourself
Wait not to be understood
Appreciate yourself

They say “when the student is ready, the teacher appears”...it is also true that...

“when the student is ready, the teacher disappears”

Alan Cohen ~ daily inspiration

*The better I feel * The better it gets*



The better I feel – The better it gets
The better it gets – the better I feel
Can this be real?

The better I feel – The better it gets
The better it gets – the better I feel
Can this be real?

The better I feel – The better it gets
The better it gets – the better I feel
Can this be real?

The better I feel – The better it gets
The better it gets – the better I feel
Can this be real?

The better i feel – The better it gets
The better it gets – the better I feel
YES! this be real



we live in a vibrational universe
everything is energy...

I CAN DO IT!

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! Joy is the key!
I CAN DO IT * I CAN DO IT *

THANK YOU ABRAHAM

VERSE I

I want to know the fullness of who I am
With every step I take today
I want to thank you Abraham
For guiding me along my way

VERSE II

For guiding me closer to who I am
And to more fully recognize
The joy in all that I am asking for
And opening my eyes

VERSE III

To endless possibilities
To feeling good and feeling free
Free to allow all that I'm wanting now
And loving my life as me

I want to thank you Abraham For guiding me along my way With every step I take today
I want to thank you I want to thank you I want to thank you...

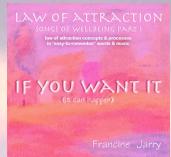


ABRAHAM-HICKS
PUBLICATIONS
(see rainbowmusic.ca for song track)

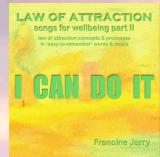
Where to find my music



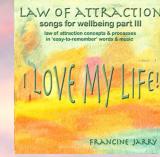
Joy Joy Joy



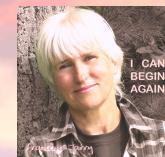
If you want it



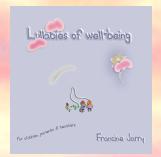
I Can Do it



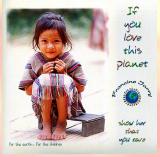
I love my life



I can begin again



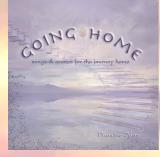
Lullabies of well-being



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](#)



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<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

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

"Follow
the
yellow
brick
road"

with love from Francine

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