

# LAW OF ATTRACTION

## SONGS OF WELLBEING PART I

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

**IF YOU WANT IT**  
(it can happen)

# I CAN DO IT!

IF YOU WANT IT  
it can happen

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](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** 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](http://rainbowmusic.ca) — [francinejarry.ca](http://francinejarry.ca)

'all ages'

# IF YOU WANT IT (IT CAN HAPPEN)

## The songs...

1. A new adventure	10. I can choose my own vibration
2. Dreamer~Creator~Artist	11. When I'm ready
3. Allow~allow~allow	12. Imagine it, pretend it, feel it
4. Wherever I go	13. Flow flow flow
5. Making today count	14. Let the river flow
6. Reach for a thought that feels better	15. Go to a happy place
7. Soothe yourself	16. Always make the best of it
8. One step @ a time	17. If you want it (it can happen)
9. I can reach for relief	18. Keep your cork afloat

All songs written & recorded, produced & performed by.....	Francine Jarry
Allow Allow Allow music by .....	Osvaldo Fares
Keep your cork afloat (row row row your boat).....	Public domain
Percussion, drums, acoustic/electric guitar & bass.....	Marla Caplan
Acoustic guitar, piano & all vocals.....	Francine Jarry
Mastering & sequencing.....	Eli Krantzberg
1, 3, & 19 produced by .....	Marla Caplan

Available on Spotify ~ Amazon ~ Apple/iTunes etc...

[broadjam.com/francinejarry](http://broadjam.com/francinejarry) ~ [rainbowmusic.ca](http://rainbowmusic.ca) ~ [francinejarry.ca](http://francinejarry.ca)

# A NEW ADVENTURE

## Chorus 1

Go where you want to go  
Do what you want to do  
Be who you want to be  
In freedom and joy

## Chorus 2-3-4

Go where you want to go  
Do what you want to do  
Be who you want to be  
In freedom and joy



## Verse 1

Every day a new adventure  
Every day a new beginning  
As I reach out and discover  
The magic in the joy of living

## Verse 2

Every day a new adventure  
Every day a new beginning  
Every day a new adventure  
Every day a new beginning

# 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 your heart is in your dream – no request is too extreme

# ALLOW ALLOW ALLOW

## Verse 1

Whenever you feel anger  
Or sadness or frustration  
Or lack of inspiration  
Allow, allow, allow!

## Verse 2

And if you have a problem  
And can't find a solution  
Before you jump to action  
Allow, allow, allow!

## Chorus

There's no use in complaining  
About old hurts remaining  
Life can be so endearing  
With the Universe cheering

## Verses 3 & 4

Now that you know the answer  
The next time you feel anger  
You just have to remember  
Allow, allow, allow!

**Take naps~feel good~have fun!**

*Music: Osvaldo Fares ~ Quizas Quizas Quizas*

*Lyrics: Francine Jarry ~ Abraham-Hicks “Art of Allowing”*

# Wherever I go

Wherever I go  
Whatever I do  
Whoever I meet  
I'm intending to seek  
To look for and find  
Only that which  
I am wanting to see

'become a passionate observer of what you want'  
'Abraham'

# MAKING TODAY COUNT

## Verse 1

Gonna make today a special day  
Gonna make today count  
Gonna make today a wonderful day  
Doing what I want!

## Verse 2

Gonna make today a special day  
Gonna laugh and sing and play  
Gonna make today a wonderful day  
Doing things my way!

## Chorus

Making today count  
Doing what I want  
*Taking my time*  
*Leaving fears far behind*  
Gonna make today count

## Verse 3

Gonna make today a special day  
Just walking in the sun  
Gonna make today a wonderful day  
Remember to have fun!

## Chorus

Making today count  
Doing what I want—*taking my time*  
*Leaving fears far behind*  
Gonna make today count

## Verse 4

Gonna make today a special day  
Feels so good to be free  
To do what I love, love what I do  
I'm happy to be me  
CHORUS...

**Live in the now for there's no future in the past!**

Joyce Combs from the song 'Living in the Now'

# Reach for a thought that feels better

When you feel confused  
Tired and abused  
No one on your side  
Want to run and hide

When the night grows dark  
When you're feeling low  
When you can't decide  
Which way to go

Take yourself somewhere else  
Nice and easy  
Take yourself somewhere else  
Gently in your mind  
Love yourself, treat yourself  
And get happy  
As you take yourself  
Somewhere else  
To a better time  
Have a nap, pat your cat  
And go easy  
As you take yourself  
Somewhere else  
To a better time...  
and...

Reach for a thought that feels better  
Go to the place that brings you joy  
Joy is the key to harmony  
As you reach for a thought  
That feels better

Reach for a thought that feels better  
Go to the place that sets you free  
Freedom from time is yours and mine  
As you reach for a thought  
That feels better

Cuz you never get it all done  
And you can never get it wrong  
So live each moment one by one  
Please yourself and have some fun

As you reach for a thought that feels better  
And go to the place that brings you joy  
Joy is the key to harmony  
As you reach for a thought that feels better

...and if it feels good \* do it!  
Feeling good is natural  
If it feels good \* choose it!  
Feeling good is beautiful

That's all you need to know  
Feel good and let it flow  
The choice is yours to be  
Right here \* right now \*  
And feeling free...  
So you can see...

If feels good \* do it!  
Feeling good is natural  
If it feels good \* choose it!  
Feeling good is beautiful

Feeling good is natural  
Feeling good is....natural!  
'Naturellement'!

'The only way to stop an unwanted thought is to reach for a thought that feels better...'

# 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

# One step at a time

## *Bridge*

Well I could take a quantum leap  
But that might be too much to handle  
So why not wait and appreciate  
No need to burn both ends of the candle

## *Chorus 2*

I'll take it one step  
One little step  
A little step at a time  
On my way up the emotional scale  
On my way up the emotional scale  
On my way up the emotional scale



## *Intro*

I thought I knew just what to do  
I think good thoughts, I smile a lot  
The years go by and I wonder why  
Not much has changed  
It's still the same  
There's always something  
I am wanting  
Some other place I'd rather be  
There's always more  
I'm asking for  
Why isn't it coming to me?

## *Chorus 1*

One step, one little step  
A little step at a time  
On my way up the emotional scale  
One thought, one little thought  
The best feeling thought I can find  
On my way up the emotional scale

*Check out the emotional scale in  
Abraham-Hicks book "Ask & It Is Given"*

*I dream of a better tomorrow where chickens (and ducks) can  
cross the road and not be questioned about their motives*  
*Ralph Waldo Emerson*



# I can choose my own vibration

## The leading edge of thought

I can choose my own vibration  
I can choose my focus of attention  
I can choose my own path to follow  
I can choose my dreams for tomorrow

I am magical physical extension  
Of non-physical pure positive energy  
Emotional vibrational perfection  
On the leading edge of thought

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

Alan Cohen ~ author & teacher

choose wisely ~ trust your intuition

# When I'm Ready



When I'm ready I will listen

When I'm ready to know

Like a flower I can blossom

When I'm ready to grow

Please don't answer any questions

That I haven't yet asked

When I'm ready I will listen

And you can tell me at last

# 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

"my imagination leads me to endless possibilities"  
everything begins with a thought and a dream  
'imagine it - pretend it - feel it'

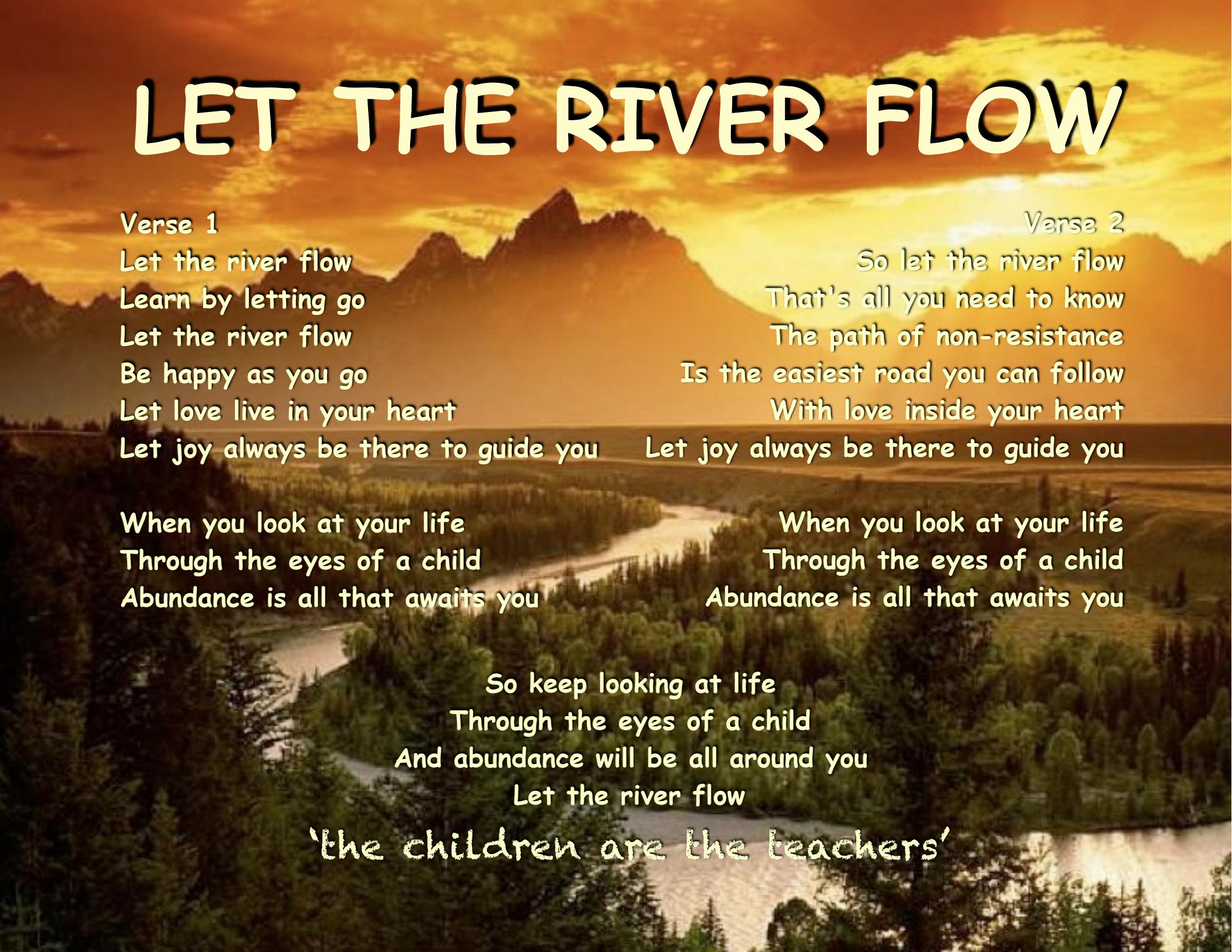


# FLOW FLOW FLOW



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

# LET THE RIVER FLOW



## Verse 1

Let the river flow  
Learn by letting go  
Let the river flow  
Be happy as you go  
Let love live in your heart  
Let joy always be there to guide you

## Verse 2

So let the river flow  
That's all you need to know  
The path of non-resistance  
Is the easiest road you can follow  
With love inside your heart  
Let joy always be there to guide you

When you look at your life  
Through the eyes of a child  
Abundance is all that awaits you

When you look at your life  
Through the eyes of a child  
Abundance is all that awaits you

So keep looking at life  
Through the eyes of a child  
And abundance will be all around you  
Let the river flow

*'the children are the teachers'*

# 'GO TO A HAPPY PLACE'

When times are hard  
When I've lost my way  
When I don't know how  
To face the day

And when my heart  
Is feeling low  
When I can't decide  
Which way to go?

I go to a happy place  
Find something to appreciate  
Something to be happy about  
A reason to let my heart sing out



Find your next point of excitement without attachment to the outcome

Bashar

# ALWAYS MAKE THE BEST OF IT

A photograph of a person from behind, wearing a backpack, walking away on a paved path. The path leads towards a bright, golden horizon where the sun is rising or setting over a range of mountains. A body of water is visible to the right, and the sky is filled with warm, scattered clouds.

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!

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

# IF YOU WANT IT...it can happen

## Verse 1

If you want it, it can happen  
When you get out of the way  
If you ask for it, it is given  
When you get out of the way

## Verse 2

If you dream it, it can happen  
When you get out of the way  
If you believe it, doors will open  
When you get out of the way

## Chorus

And it will come to you (x3)  
Yes dreams do come true



## Verse 3

When you think it, when you feel it  
When you get out of the way  
When you ask for it, when you believe it  
When you get out of the way

## Chorus

It will come to you (x3)  
Yes dreams do come true

## Verse 4

If you want it, it can happen  
Just get out of the way!

If you believe it, doors will open  
When you get out of the way

Chorus — It will come to you (x3)  
Yes! Dreams do come true (x3)

Heartfelt dreams are closer to reality  
than what most people call reality

# KEEP YOUR CORK AFLOAT

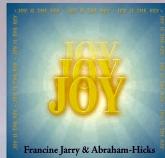
keep your cork afloat  
nothing's what it seems

merrily ~ happily  
joyfully ~ thankfully

life is but a dream



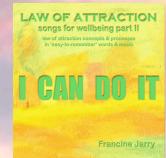
# Where to find my music



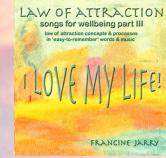
Joy Joy Joy



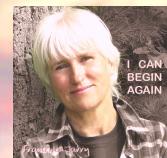
If you want it



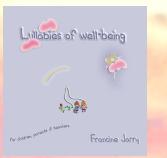
I Can Do it



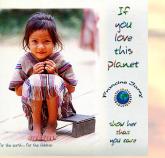
I love my life



I can begin again



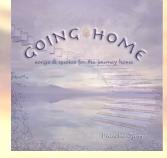
Lullabies of well-being



If you love this planet



It's up to me



Going Home

SPOTIFY

[Spotify](#)

APPLE (Apple Music and iTunes)

[Apple Music](#)

AMAZON

[Amazon](#)

Broadjam

[Broadjam/francinejarry](#)

[rainbowmusic.ca](#)

[rainbowmusic.ca](#)

[IF YOU WANT IT \(it can happen\)](#)

[YouTube Video](#)

Music My Life (youtube video)

[Musical biography](#)

IF YOU WANT IT (it can happen)

[IF YOU WANT IT \(song\)](#)

[francinejarry.ca](#)

~ Musical websites ~

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

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

I invite you to find my music on the online venue of your choice

# 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  
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