

LAW OF ATTRACTION

SONGS OF WELLBEING PART 1

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 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'

IF YOU WANT IT (IT CAN HAPPEN)

The songs...

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

All songs written & recorded, produced & performed by.....	Francine Jarry
Allow Allow Allow music by	Oswaldo 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 ~ rainbowmusic.ca ~ 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 REACH FOR RELIEF

I'm doing the best I can (x3)

From where I stand

Chorus

I can reach for relief

When I feel less than good

I can reach for relief

It's clearly understood

Verse 1

When I reach for the feeling of feeling relief

I can raise my vibration

Find my connection

Change what I'm thinking,

Regain my footing

When I reach for the feeling of feeling relief

I can feel so much better right now

[illegible]

'Once you make a decision, the Universe conspires to make it happen' Ralph Waldo Emerson ~ Abraham-Hicks

Chorus

So I reach for relief when I feel less than good

I can reach for relief it's clearly understood

Verse 2

When I reach for the feeling of feeling relief

I get back into balance, release my resistance

When I reach for the feeling of feeling relief

I can feel so much better right now

Verse 3

When I reach for the feeling of feeling relief

I can find a solution, shift my attention

When I reach for the feeling of feeling relief

I can feel so much better right now

Chorus

So I'll reach for relief when I feel less than good

I can reach for relief by now it's understood

Don't have to knock on wood (x2)

I can reach for relief

A woman with long dark hair, wearing a red long-sleeved top and an orange skirt, is sitting in a meditative pose on a large pink lotus flower. She has her eyes closed and a serene expression. Above her head is a vibrant rainbow-colored aura. The background is a lush, colorful landscape with green foliage, a blue sky, and other lotus flowers. The overall style is painterly and vibrant.

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

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

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 you next point of excitement without attachment to the outcome

Bashar

ALWAYS MAKE THE BEST OF IT

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

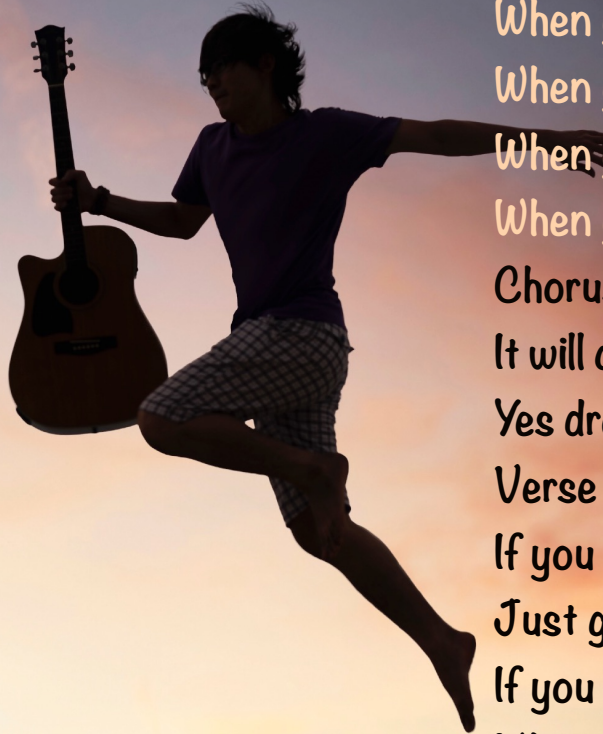
Chorus

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

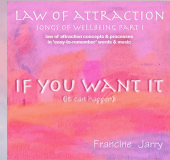
life is but a dream



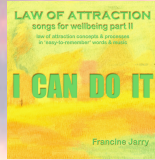
Where to find my music



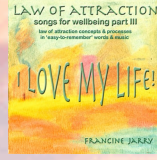
Joy Joy Joy



If you want it



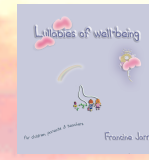
I Can Do it



I love my life



I can begin again



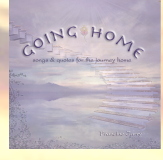
Lullabies of well-being



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 \(it can happen\)](#)

IFYOUWANT IT (it can happen)

[YouTube Video](#)

Music My Life (youtube video)

[Musical biography](#)

IFYOUWANT IT (it can happen)

[IFYOUWANT 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 as well as all digital venues including Spotify, iTunes, Apple, etc.+ rainbowmusic.ca & francinejarry.ca

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

The Rainbow Music Company
Montreal — Canada

*Sing your way into
well-being*