

The word "JOY" is rendered in a large, three-dimensional gold font. The letters are slightly rounded and have a metallic texture. A bright yellow glow surrounds the entire word, creating a halo effect. The background is a soft, out-of-focus blue, making the gold letters stand out.

Francine Jarry & Abraham-Hicks

I CAN DO IT!

JOY! JOY! JOY!

Sing your way into
well-being

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

Album available at abraham-hicks.com and on Spotify,
iTunes, Apple etc... francinejarry.ca rainbowmusic.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)

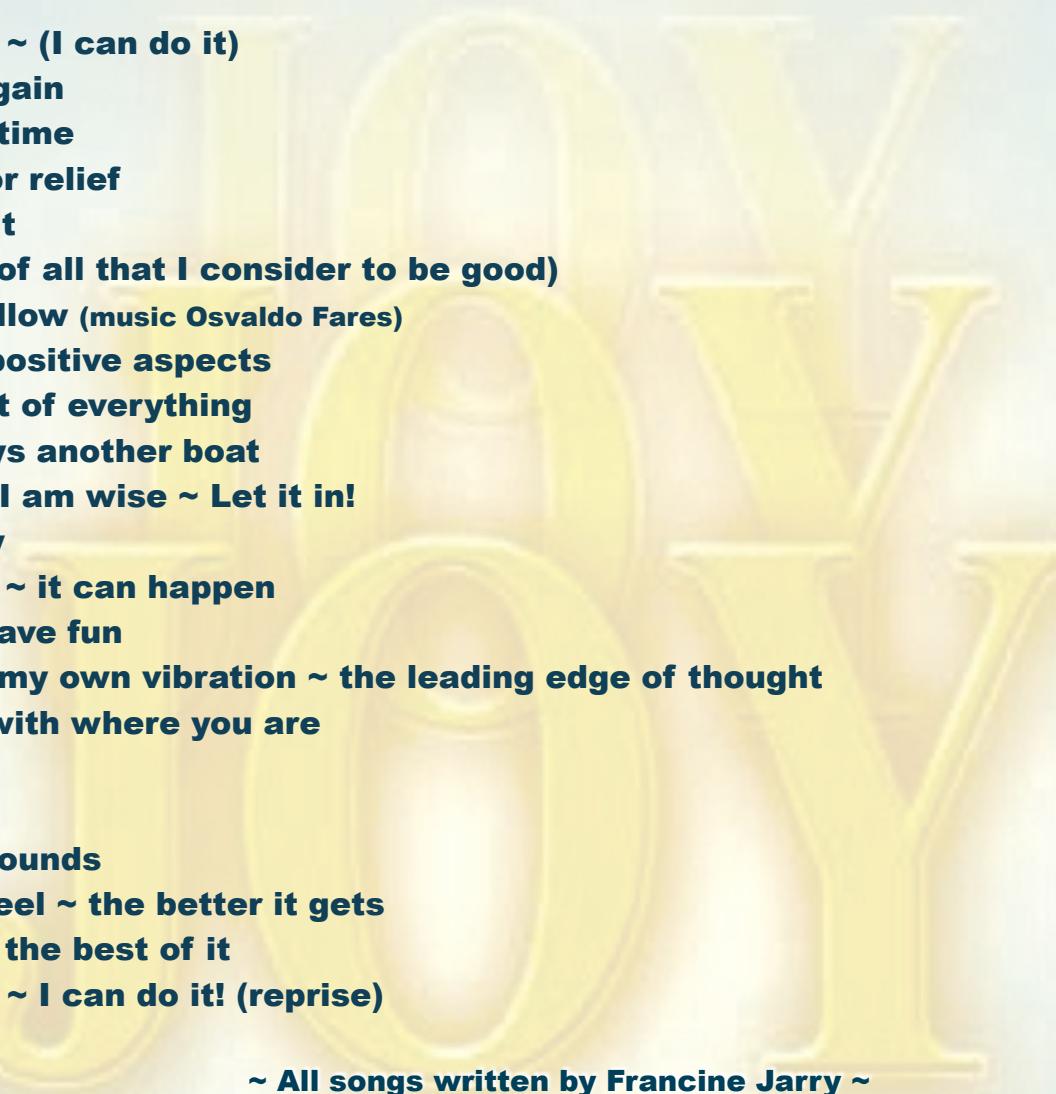
"Your combination of uplifting words and 'musical moods' is "**just what we need right now on the planet.**"

"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'

JOY JOY JOY...the songs

- 
1. **JOY JOY JOY ~ (I can do it)**
 2. **I can begin again**
 3. **One step @ a time**
 4. **I can reach for relief**
 5. **Lift up off of it**
 6. **I want more (of all that I consider to be good)**
 7. **Allow allow allow (music Osvaldo Fares)**
 8. **Look for the positive aspects**
 9. **Make the best of everything**
 10. **There's always another boat**
 11. **I am wealthy-I am wise ~ Let it in!**
 12. **Virtual reality**
 13. **If you want it ~ it can happen**
 14. **Feel good ~ have fun**
 15. **I can choose my own vibration ~ the leading edge of thought**
 16. **Make peace with where you are**
 17. **Feeling good**
 18. **I love my life**
 19. **Well-being abounds**
 20. **The better I feel ~ the better it gets**
 21. **Always make the best of it**
 22. **JOY JOY JOY ~ I can do it! (reprise)**

~ All songs written by Francine Jarry ~

~ Album produced by Francine Jarry, Marla Caplan & Eli Krantzberg ~

Available on Spotify ~ Amazon ~ Apple/iTunes ~ broadjam.com/francinejarry

abraham-hicks.com ~ an Abraham-Hicks/Francine Jarry collaboration ~ rainbowmusic.ca

~ francinejarry.ca ~

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

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
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
Joy is the key
Joy is the key

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

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

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

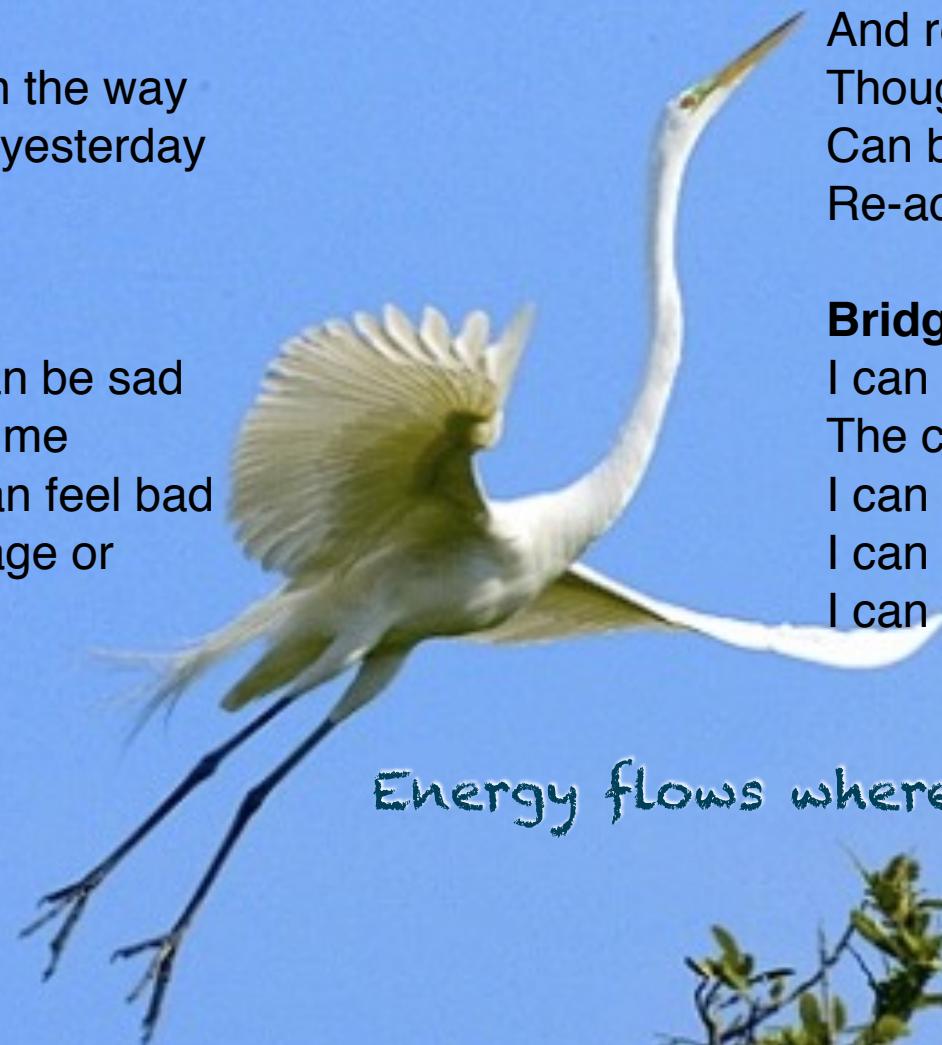
I can be happy, I can be sad
The choice is up to me
I can feel good, I can feel bad
I can choose bondage or
I can be free

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...

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

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”

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

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

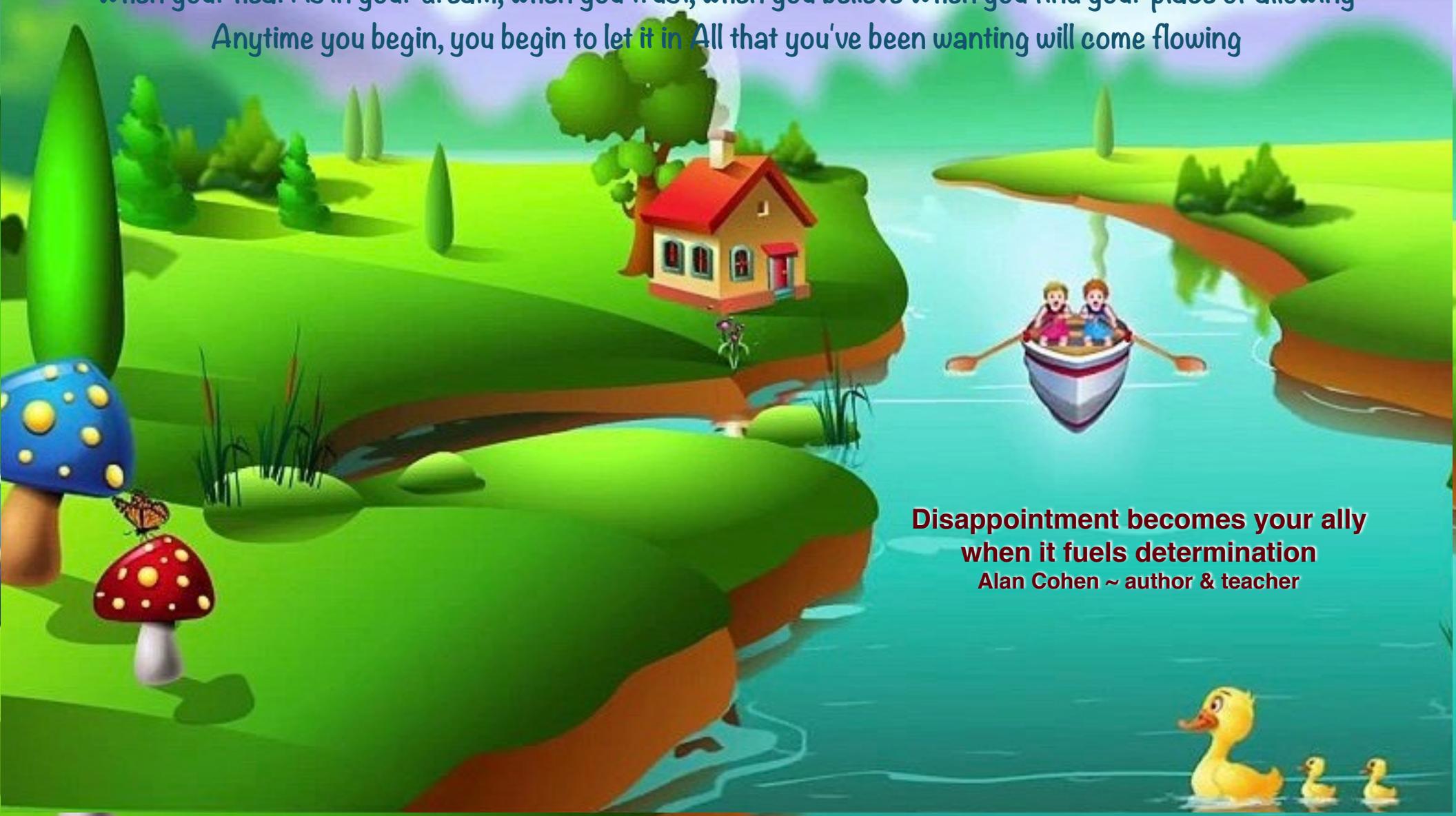
The grace that has seen you through thus far will see you through always...

Alan Cohen...author & teacher

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



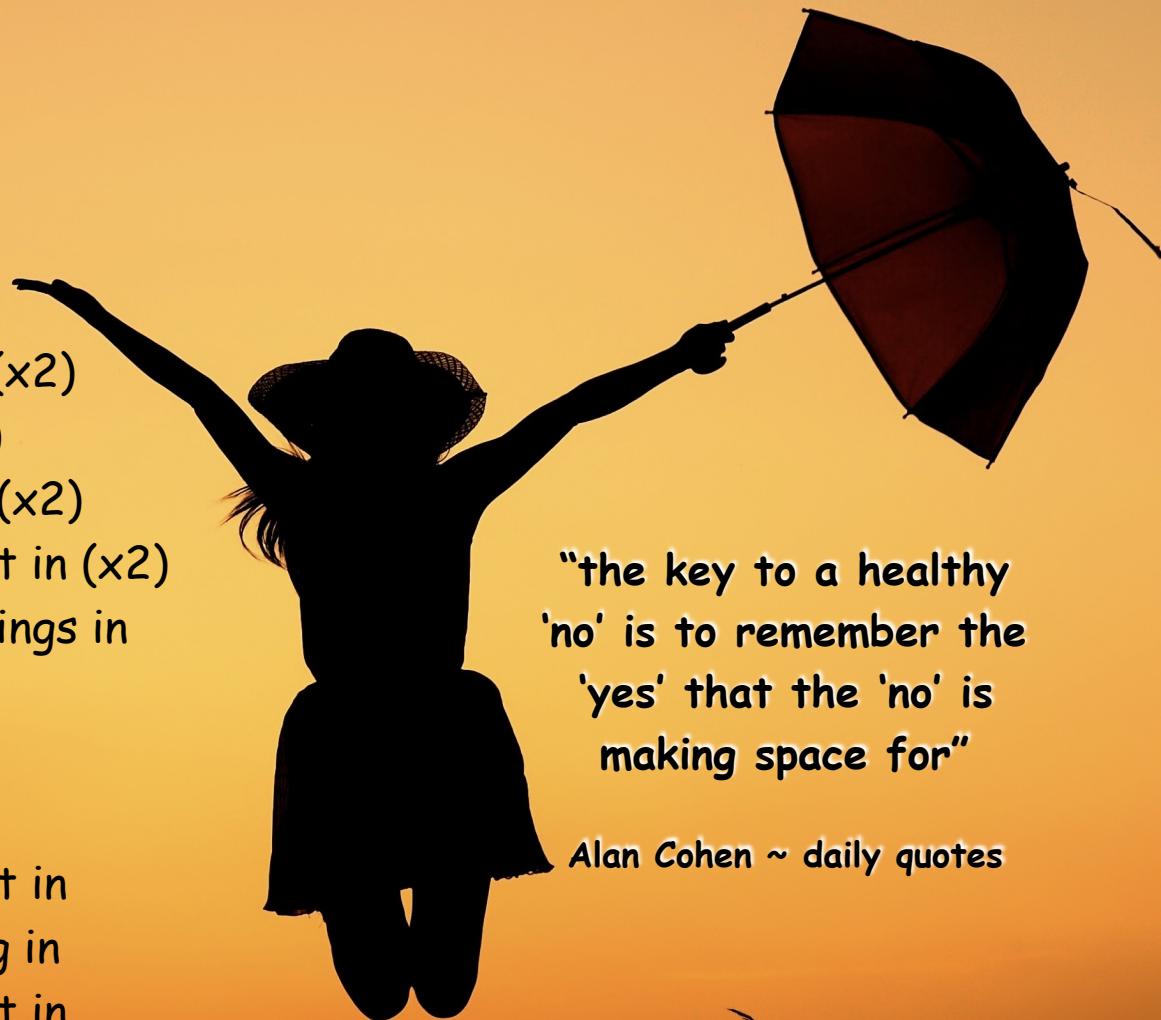
**Disappointment becomes your ally
when it fuels determination**
Alan Cohen ~ author & teacher



Wealthy ≠ Wise – 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

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

IF YOU WANT IT...it can happen

Verse 1

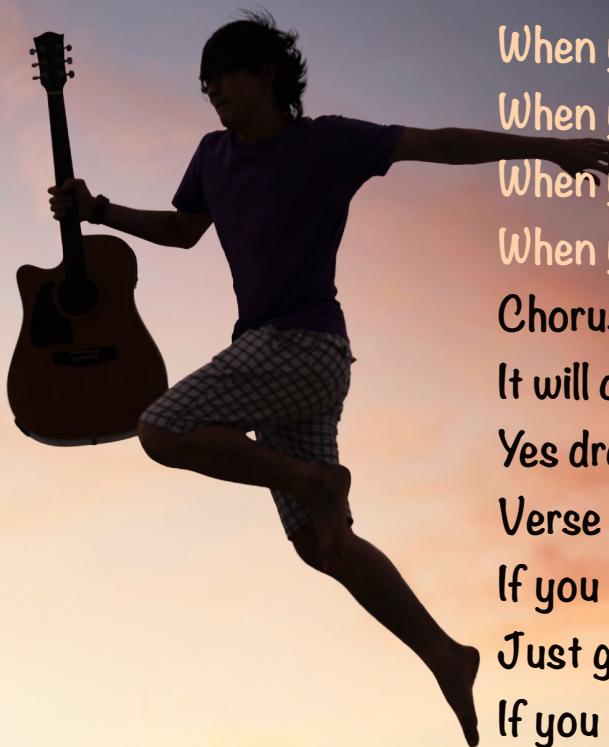
If you want it, it can happen
When you get out of the way
If you ask for it, it is given
When you get out of the way

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
Alan Cohen, daily quotes

FEEL GOOD NOW!

Feel good ~ Have fun

Feel good ~ Have fun

Feel good ~ Have fun

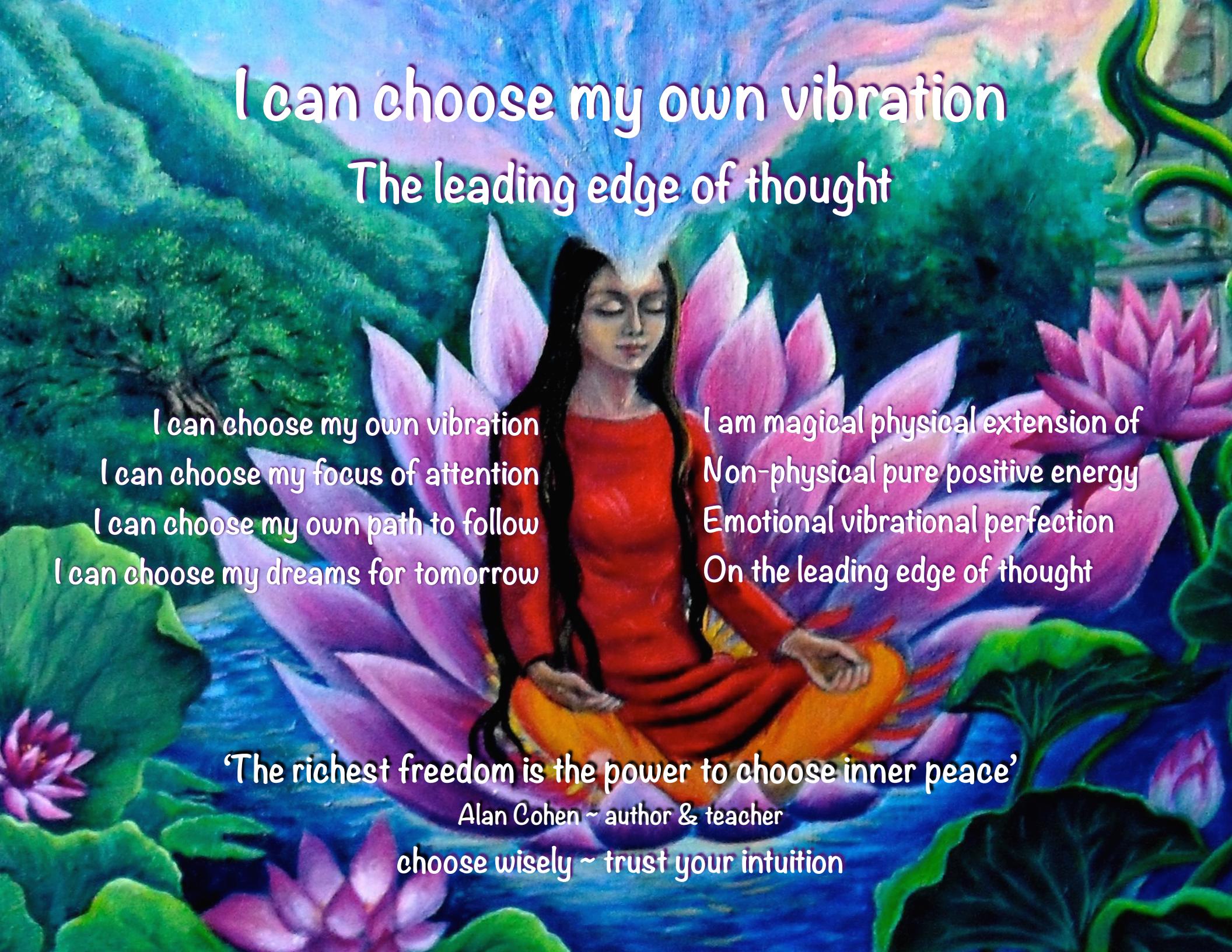
Feel good now...



Love intentionally
extravagantly
unconditionally

Alan Cohen...author & teacher

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



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

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

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”

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!**

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

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

*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...

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!

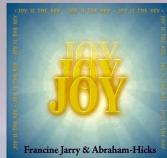
Make the best of it! Make the best of it!
Wherever you are always make the best of it!

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

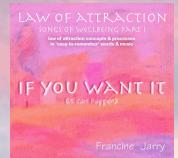
I CAN DO IT!

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 *

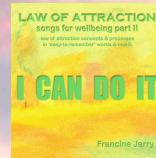
Where to find my music



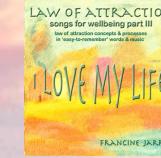
Joy Joy Joy



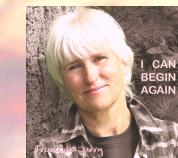
If you want it



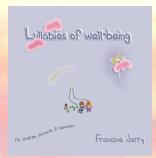
I Can Do it



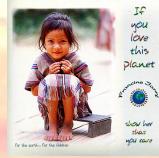
I love my life



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](#)

YouTube
[YouTube/francinejarry](#)

[Abraham-Hicks * JOY! JOY! JOY! JOY JOY JOY album](#)

[JOY JOY JOY *I can do it](#)
[YouTube Video](#)

[Music My Life \(youtube video\)](#)
[Musical biography](#)

[JOY JOY JOY ~ I can do it \(album\)](#)
[YouTube playlist](#)

[francinejarry.ca ~ rainbowmusic.ca](#)
<https://rainbowmusic.ca/albums>

~ Musical websites ~

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

I CAN DO IT — songbook calendar series

I CAN DO IT!

Francine Jarry

'Law of Attraction concepts & processes'

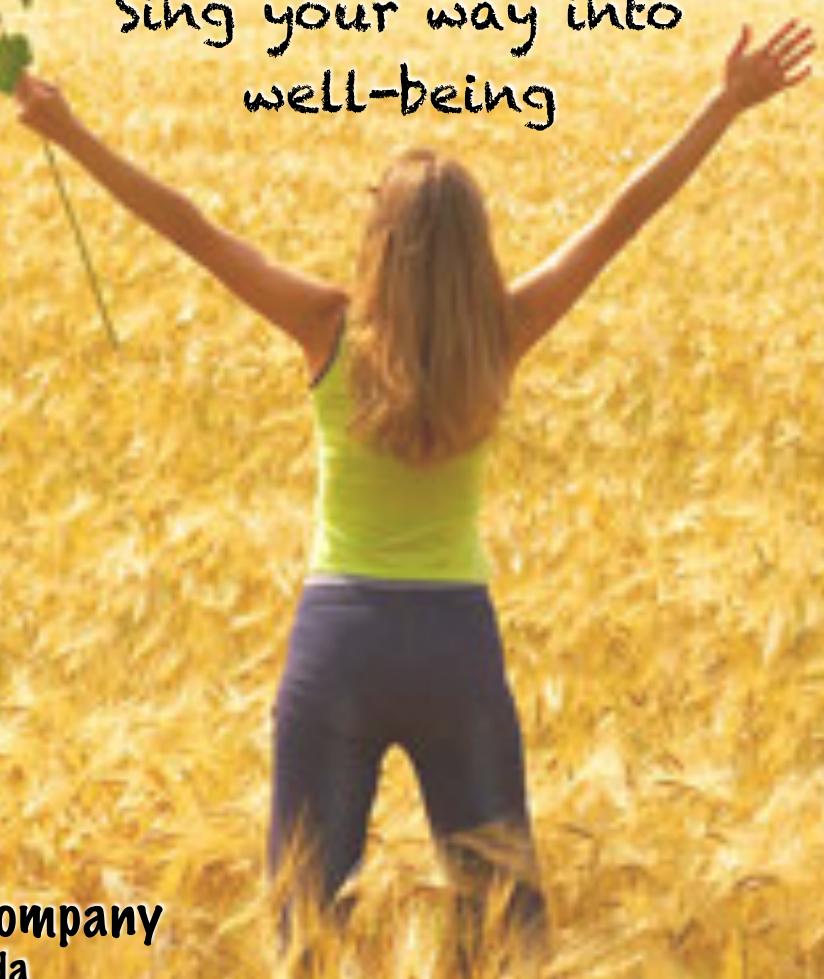
The “I CAN DO IT” calendar style collection of uplifting & empowering words, images and quotes is a companion to Francine’s several albums & a gentle and daily reminder to help us reconnect with who we truly are ~ spiritual beings having a human experience here to find peace, joy and well-being! The 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