

Spirit Is Calling

Francine Jarry

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 empowering emotions and self esteem.

Francine...dreamer, creator, artist...multi-instrumentalist, singer, songwriter, producer and arranger, for many years blending her spiritual resources with her vast musical experience and background...'your musical connection to well-being in easy-to-remember words & music' – for all ages – in diverse musical styles – mostly in English with some songs in French & Spanish...

Creations over the years have included...

- * 'Joy Joy Joy' & 'A New Adventure' – two Abraham-Hicks collaboration albums plus a 20 minute 'Highlights' album...abraham-hicks.com...
- * thestoryoftime.com musical collaboration written by José Argüelles, author and teacher on the Mayan codes & calendars...lawoftime.org...
- * Opening music at conferences, seminars & workshops for several internationally known authors & speakers...
- * Musical E-books as websites for school smart boards itsuptome.ca-followtherainbow.ca-doitforlove.ca-ifyoulovethisplanet.ca...
- * "Sing your way into well-being" with the 'I CAN DO IT' calendar style book series as a companion and with links to her online albums...
- * "Songs & Quotes for the Journey Home" goinghomesongs.ca soothing & comforting for memorials and celebrations of life...

What people are saying...

'Law of Attraction concepts & processes in easy-to-remember words & music'

"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?" Burton 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. B...

The Rainbow Music Company
rainbowmusic.ca

'all ages'

Spotify/Apple/iTunes, etc...

Spirit Is Calling

1. **Spirit is calling** ~ Paraguayan harp..... Robin Grenon
2. **Dear Father** ~ produced & arranged by..... Peter Mika
3. **The road to Dharma** ~ lead guitar Davis Joachim ~ cello..... Iona Corber
4. **Transition** ~ guitar instrumental..... Francine Jarry
5. **Through the eyes of Source** ~ string arrangement..... Peter Mika
6. **Be love** ~ string arrangement..... Peter Mika
7. **Etude in Em** ~ guitar instrumental..... Francine Jarry
8. **Love heals everything** ~ flute..... Shelley Snow
9. **Shine on...** poem..... Frank Zamboni
10. **Sweet Shanna goodbye** ~ piano instrumental..... Francine Jarry
11. **Deep peace** ~ public domain sung with..... Liddy Flewwellyn
12. **Follow me** ~ words & music..... Ray Repp
13. **Inner Being** Francine Jarry
14. **Solitude** ~ piano & guitar instrumental..... Francine Jarry
15. **Beyond the clouds**..... Francine Jarry
16. **Out on a limb**..... Francine Jarry
17. **Unity Prayer for protection/All is well**..... Francine Jarry
18. **Joy to the Universe**..... Francine Jarry
19. **My life is mine**..... Francine Jarry

This is a special compilation of quiet & soothing compositions from Francine's many albums

Album available on the online venue of your choice for streamings & downloads

All songs written, produced & performed by Francine Jarry unless indicated

Special appreciation for the images & artwork from 'unknown sources'

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

Spirit Is Calling

Intro

Spirit is calling, spirit is calling

Spirit is calling, calling me Home

Spirit is calling, calling, calling me Home

Spirit is calling, calling, calling me Home

Spirit is watching, watching, watching over me

Spirit is watching, watching, watching over me

Children awaken to love's vibration

Open your hearts to the Light

Discover your wisdom, remember your vision

Reach up and touch the sky

Spirit is calling, calling, calling me Home

Spirit is calling, calling, calling me Home

Paraguayan harp...Robin Grenon

Produced by Eli Krantzberg

— Wherever I Am — God Is —

Dear Father

Verse 1

Dear Father please find me
In the place you know I need to be
And Father please help me to align
My heart, my soul, my dreams

Bridge

Help me remember
Dear Father...so I'll know
Help me remember
So I'll know where to go

Verse 2

I came with a purpose
And lessons to grow
Help me remember
Dear Father so I'll know
Dear Father please help me
To align my heart, my soul, my dreams

Verse 3

Dear Father please find me
In the place you know
I need to be
And Father please help me
To align my heart
My soul, my dreams

Father refers to our Creator ~ whatever our beliefs are
All That Is ~ Source Energy ~ Divine God Source

*** *** ***

— While you are waiting — God is working —

Alan Cohen — author & teacher

The Road To Dharma

Verse 1

**Every detour has a purpose
Every setback has a reason
If there's a problem - just accept it
Every wrong done - is a lesson**

Chorus I

On The Road to Dharma
Doubts can cloud the day
On the Road to Dharma
Don't let them get in the way

Verse 2

But keep on going, go on trusting
Keep believing in the knowing
That what you're doing is the right thing
And your dream is right here waiting



So many doors will open when you
realize that it's ok to start over

DHARMA = PURPOSE

Chorus II

And The Road to Dharma
Is not always clear and bright
I'm on The Road to Dharma
And I know this road is right

Verse 3

So I'll keep going, go on trusting
Keep believing in the knowing
That what I'm doing is the right thing
And my dream is right here waiting

Transition



Through the eyes of Source

Through the eyes of Source
I can see through the eyes of love
Open up the doors
To where I've never been before

Through the eyes of Source
I can understand
Through the eyes of Source
I remember who I am

Chorus
I am spirit, I am love
Through the eyes of Source
I am spirit, I am love
I am love

Through the eyes of Source
I know all I need to know
Through the eyes of Source
My life can truly flow

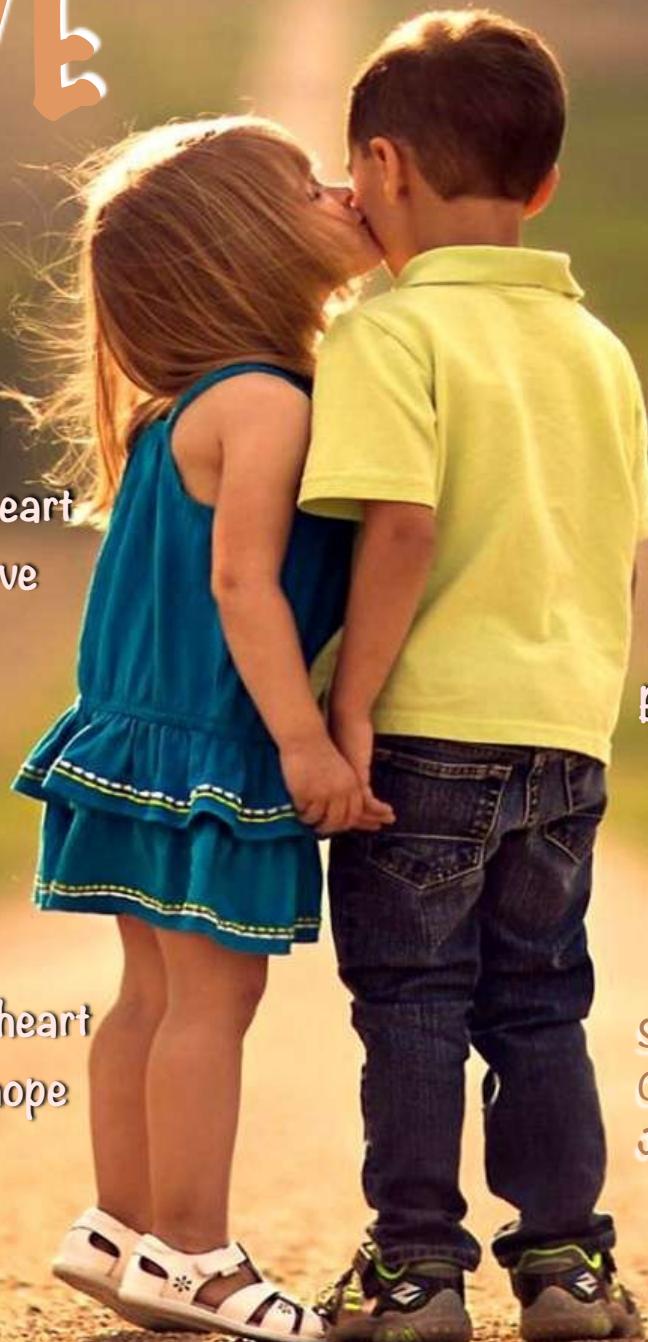
Chorus
Life is beautiful, life is good
Through the eyes of Source
Life is beautiful, life is good
Life is good

I am spirit, I am love
Through the eyes of Source
I am spirit, I am love
I AM LOVE...

String arrangement: Peter Mika

BE LOVE

Sing to the Earth
Praise all her children
To live in peace and harmony
May love be always in your heart
Be love, oh children just be love
Be love, be love
~~~~~  
Sing to the Stars  
And praise their beauty  
For they will shine  
Through eternity  
May hope be always in your heart  
Be hope, oh children just be hope  
Be hope, be hope



Sing to the Children and to all beings  
That they may thrive in diversity  
May peace be always in your heart  
Be peace, oh children just be peace  
Be peace, be peace

String arrangement by Peter Mika  
Original melody inspired from a mantra by  
Jerry DesVoignes ~ composer & teacher

A photograph of a person standing on a mountain peak, looking out over a vast, misty landscape under a dramatic sky. The person is seen from behind, wearing a backpack. The sky is filled with large, billowing clouds, with the sun rising or setting, casting a warm glow over the scene.

# Etude in Em

# LOVE HEALS EVERYTHING



flute  
Shelley Snow

Let me gently take your hand  
Help you understand  
Let me hold you in my arms  
Wipe your tears away

Let me be your guiding Light  
Shining in the night  
Trust in me to see you through  
Count on me, I love you

Love heals everything — Love is all we need — Love heals everything — Love is all there is

# Shine on...

I said a prayer for you today  
I know God must have heard  
I felt the answer in my heart  
Although He spoke no word

I didn't ask for wealth or fame  
I knew you wouldn't mind  
I asked Him to send treasures  
Of a far more lasting kind

I asked Him to be near you  
At the start of each new day  
To bring you health and blessings  
And friends to share your way

I asked for happiness for you  
In all things great and small  
But it was for His loving care  
I prayed the most of all  
  
So you can... shine on...shine on...



Your spirit lives on in my heart  
Love never dies  
And this my friend is not the end  
We go on to eternal lives  
So we can... Shine on...  
Shine on...Shine on...shine on...

# SWEET SHANNA GOODBYE (Instrumental)

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 — Andshutterstock\_166543169.jpg 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

♪ Dream, drift away gently...Sing sweet lullaby  
Sleep, drift away slowly...Sweet Shanna goodbye

# DEEP PEACE

## Verse 1

Deep peace of the running wave to you  
Deep peace of the flowing air to you  
Deep peace of the quiet earth to you  
Deep peace, deep peace

## Verse 2

Deep peace of the sleeping storms to you  
Deep peace of the wandering winds to you  
Deep peace of the silent stars to you  
Deep peace, deep peace

## Verse 3

Deep peace of the eastern wind to you  
Deep peace of the western wind to you  
Deep peace of the northern wind to you  
Blowing south to you

## Verse 4

Pure red of the flaming sun to you,  
Pure white of the silver moon to you  
Pure green of the emerald grass to you  
Deep peace, deep peace

## Verse 5

Deep peace of the running wave to you  
Deep peace of the flowing air to you  
Deep peace of the quiet earth to you  
Deep peace, deep peace

*Traditional...sung with Liddy Flewwellyn*



Look for beauty for it is an affirming perception that  
you are walking in harmony as you follow the  
guidance of spirit through life

Quote from 'Love Without End'  
Glenda Greene



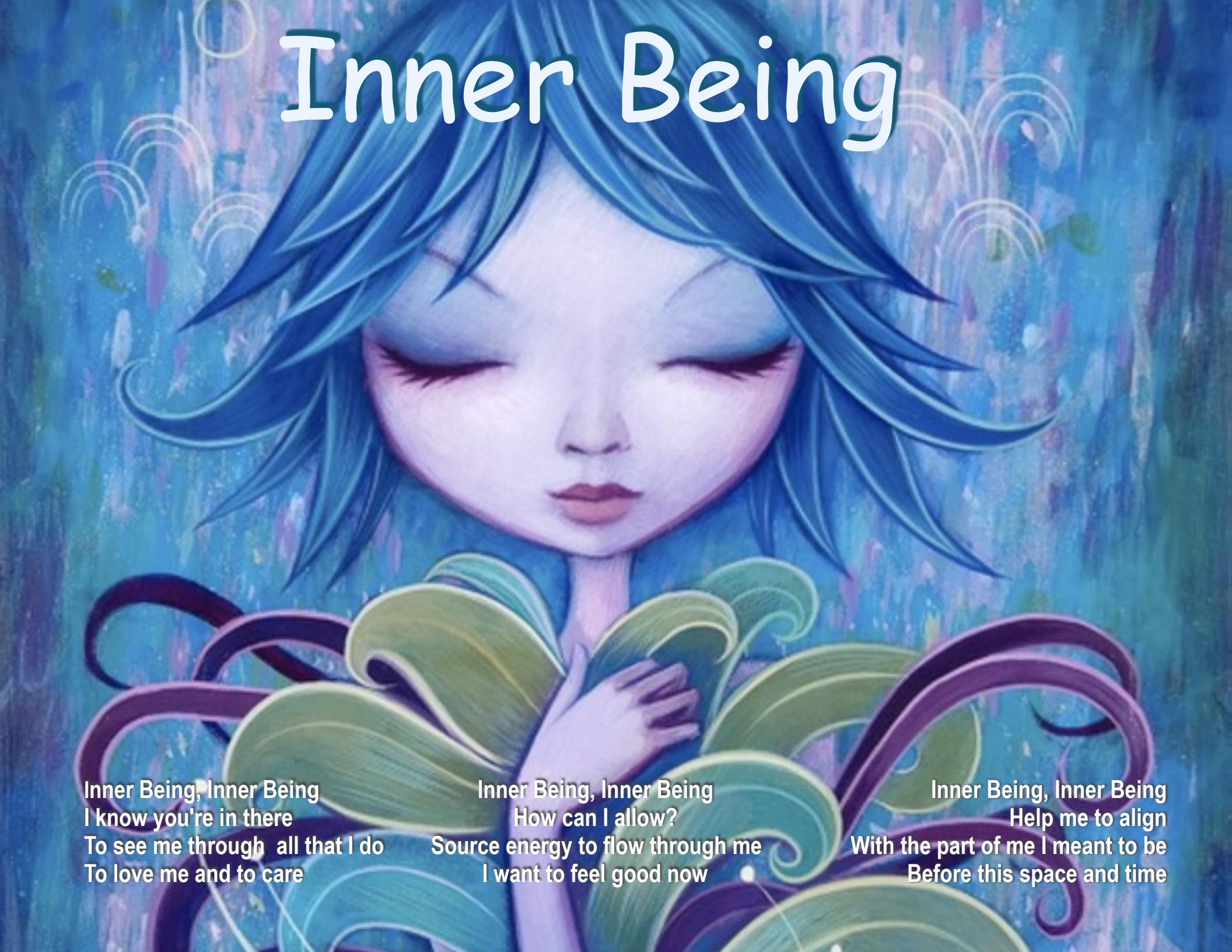
# FOLLOW ME

Follow me to the sea  
Where I first called your name  
We didn't know each other so  
But I called and you came

Remember we promised  
Our love wouldn't end  
We'd gather all people  
And love them as friends

My spirit will be with you  
To light up your way  
I love you more than words can say

# Inner Being



Inner Being, Inner Being  
I know you're in there  
To see me through all that I do  
To love me and to care

Inner Being, Inner Being  
How can I allow?  
Source energy to flow through me  
I want to feel good now

Inner Being, Inner Being  
Help me to align  
With the part of me I meant to be  
Before this space and time



Solitude

Laura

# Beyond the clouds

## Verse 1

Beyond the clouds, the sun is always shining  
Beyond the pain, I know my heart will sing again  
Beyond today, I know life goes on giving  
And beyond life, I know we go on living

## Chorus

So follow your dream for that's who you are  
One perfect being, a bright shining star

## Verse 2

Beyond the fears, there's so much worth exploring  
Beyond the tears, there's joy and love and laughter  
Beyond a dream, another dream is waiting  
There is no end, just endless new beginnings

## Chorus

So follow your dream for that's who you are  
One perfect being, a bright shining star

## Verse 3

Beyond today, I know life goes on giving  
And beyond life, we all will go on living  
But here we are to savor each precious moment  
And here and now is what is most important

## Chorus

To follow your dream for that's who you are  
One perfect being, a bright shining star

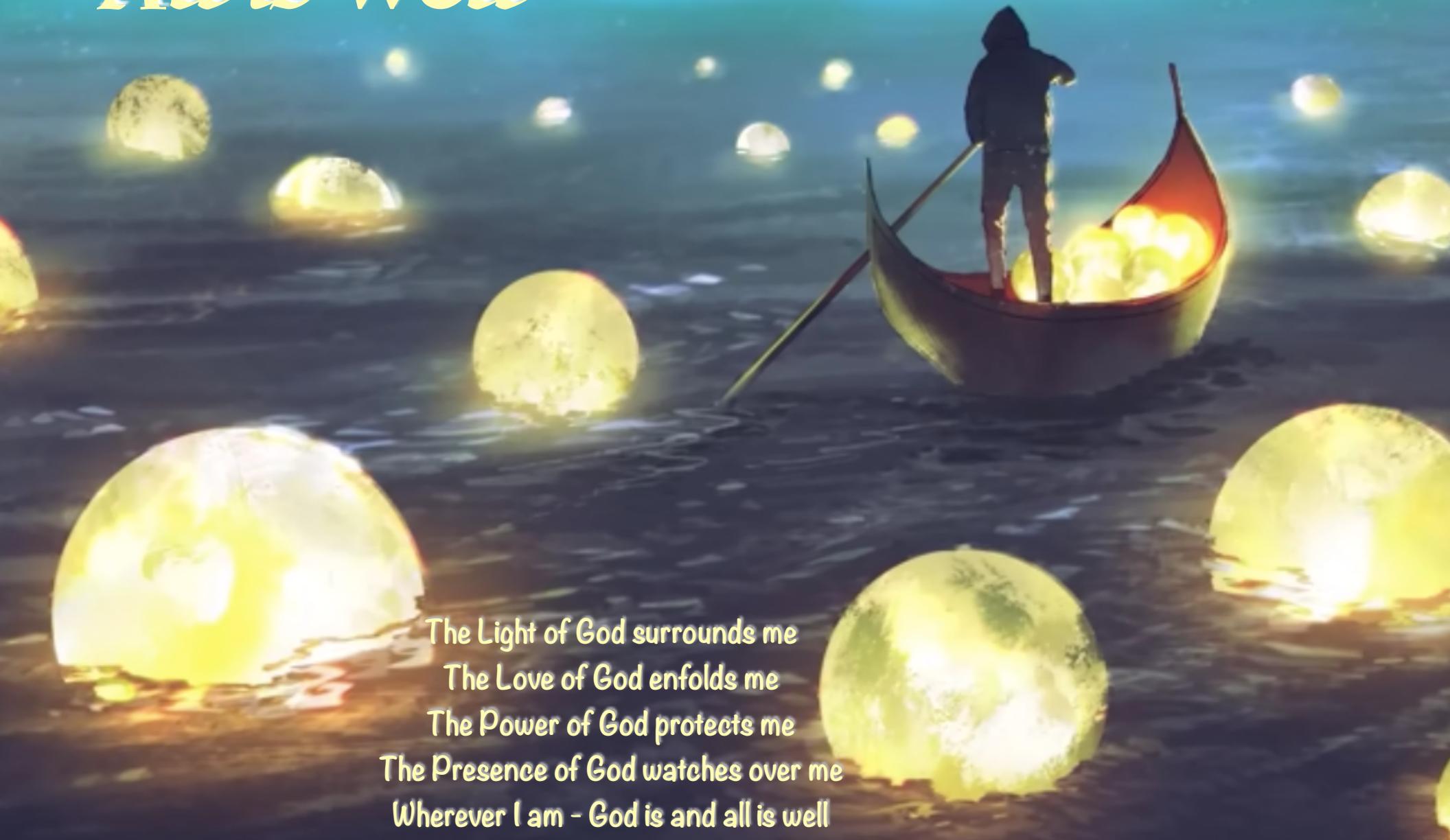
‘It is no use to sit in the forest if your mind is in the city’  
Thich Nhat Hanh

# OUT ON A LIMB



Out on a limb ~ Out on a limb ~ That is where the fruit is ~ Out on a limb ~ Out on a limb  
That is where my dream can be ~ Out on a limb ~ Out on a limb  
Be who you are ~ Dare to live your dream ~ Reach for a star ~ Go to where you've never been  
Go to where the fruit is ~ Out on a limb ~ Out on a limb

# All is well



The Light of God surrounds me  
The Love of God enfolds me  
The Power of God protects me  
The Presence of God watches over me  
Wherever I am - God is and all is well

Unity Prayer For Protection

# JOY TO THE UNIVERSE

## Verse 1

Thank...thank the Universe

For joy in co-creation

Thank...thank the Universe

With appreciation

## Verse 2

Thank...thank the Universe

For abundance and well-being

Thank...thank the Universe

For life is everlasting

## Chorus 1

Joy to the Universe

Joy to all creation

Joy to the Universe

Spirit and connection

## Chorus 2

Joy to the Universe

Joy to abundance

Joy to the Universe

Harmony and balance

Joy to the Universe ~ Spirit and connection

JOY! JOY! JOY! JOY!

# My life is mine

My life is mine - I create it  
My life is mine - I make it  
My life is mine & mine alone  
And only I can bring me Home

My life is mine - I choose it  
My life is mine - to use it  
My life is mine and mine alone  
And only I can bring me Home

# 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

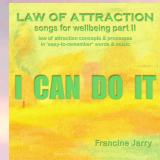
# Where to find my music



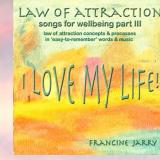
Joy Joy Joy



If you want it



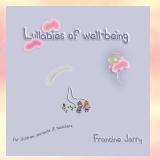
I Can Do it



I love my life



I can begin again



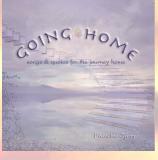
Lullabies of well-being



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>

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[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)