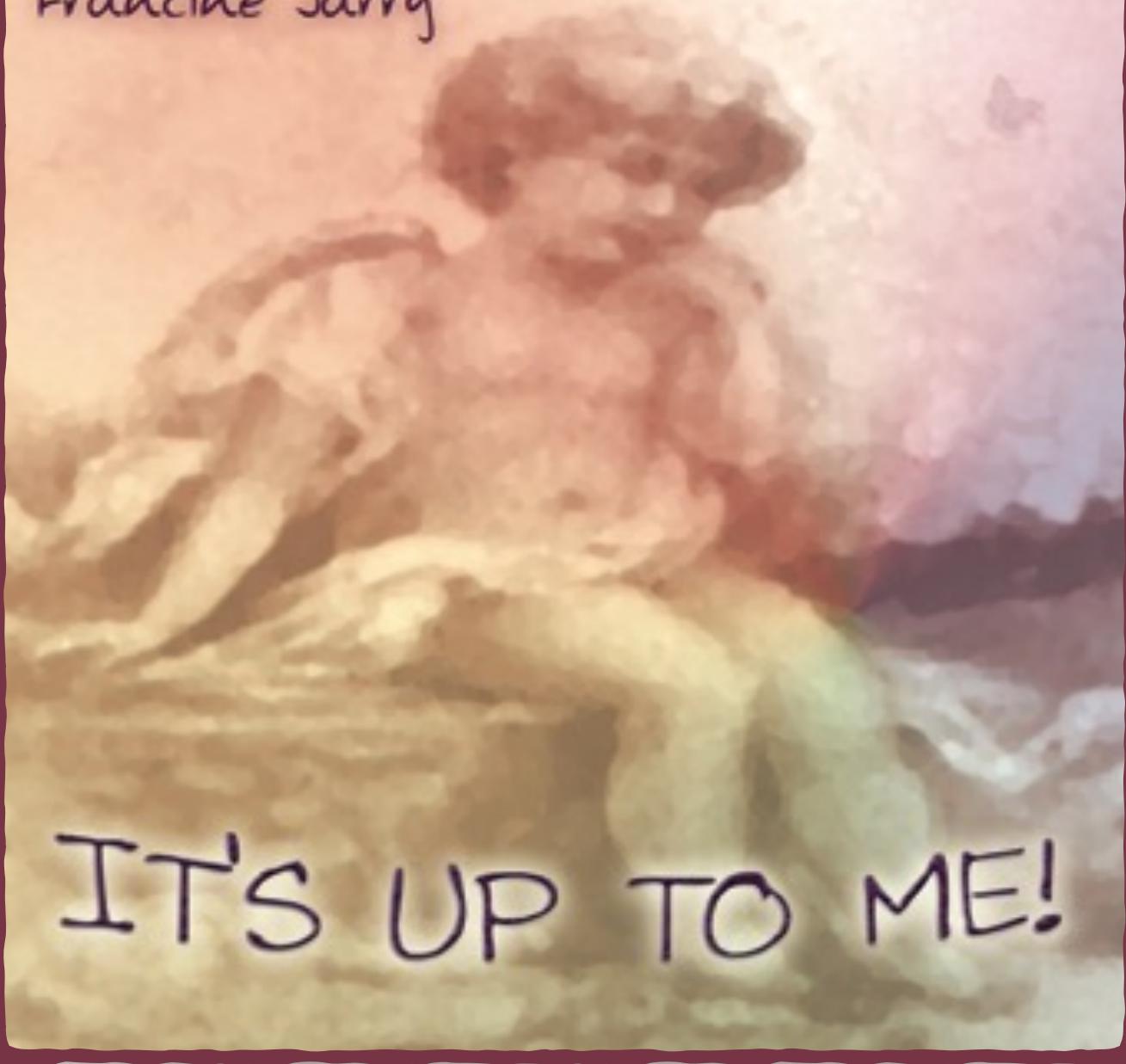


Francine Jarry



IT'S UP TO ME!

IT'S UP TO ME!

(if I want to be happy)

The Songs...

1. It's up to me
2. The moment
3. You can never to too slow
4. Are you as happy as your dog?
5. The children are the guardians of the world
6. Our family connection
7. Dear Father
8. The road to Dharma
9. Animals are my friends

All songs written and performed by.....Francine Jarry
Album produced & arranged by.....Eli Krantzberg
#5 & #6 written by.....Jeane Denny & Francine Jarry
#5 produced by.....Jan Norman, Peter Mika & Eli Krantzberg
#2-#4-#8-#9 lead guitar.....Davis Joachim
#8 cello.....Iona Corber
#1 & #7 produced & arranged by.....Peter Mika
#6 produced by.....Steve Parton
Cover design.....Marla Caplan

Complete album available on Spotify, Apple/iTunes, Amazon... rainbowmusic.ca

A Rainbow Music Company Production © 2024 Francine Jarry

Month:

Perpetual Calendar
rainbowmusic.ca // rainbowmusic@videotron.ca

A 5x7 grid calendar with a sunset and mountain background. The grid consists of 35 empty boxes for writing in. The background features a sunset with orange, yellow, and pink hues over a silhouette of mountains.

💕 Llénalo con todo lo que tu quieras // fill me with happy things💕



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.**"

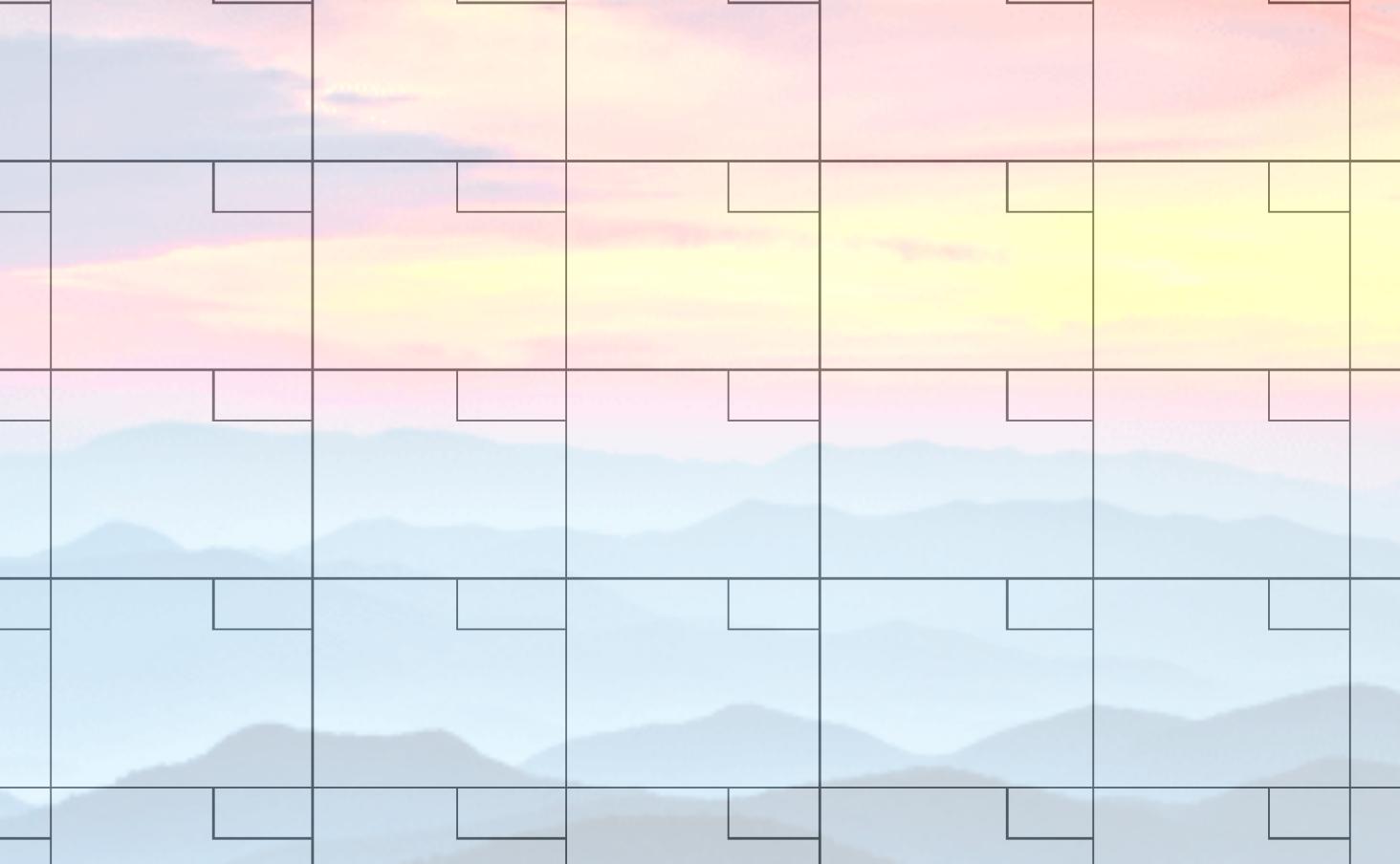
"You have combined the essence of the 'law of attraction philosophy with beautiful inspiring music that I now find as helpful as the books. Baird, Oregon

The Rainbow Music Company
rainbowmusic.ca — francinejarry.ca

'all ages'

Mouth:

Perpetual Calendar
rainbowmusic.ca // rainbowmusic@videotron.ca



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

♥♥ Llénalo con todo lo que tu quieras // fill me with happy things♥♥

'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!



Month:

Perpetual Calendar
rainbowmusic.ca // rainbowmusic@videotron.ca

A 5x7 grid of 35 empty boxes, each containing a small square, designed for a weekly calendar. The grid is set against a background of a sunset over mountains, with the sky transitioning from blue to orange and yellow. The grid lines are thin and black, and the boxes are arranged in five rows and seven columns.

💕 Llénalo con todo lo que tu quieras // fill me with happy things💕



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 inspiration

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💕 Llénalo con todo lo que tu quieras // fill me with happy things💕



You can never go too slow

You can never go - too slow
You must never be in a hurry
You can never go - too slow
Life's not meant to be - a worry

Bridge 1

It's time to look at the other side
The way life was meant to be
It's time to take a good look inside
It's easy and it's free

You can never go - too slow
Life's not meant to be - a struggle
Like a river you - can flow
Say goodbye to all - your trouble

You can never go - too slow
You know that life is meant
To be that way (x2)
That's the way that life is meant to be

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💕 Llénalo con todo lo que tu quieras // fill me with happy things💕

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

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♥ Llénalo con todo lo que tu quieras // fill me with happy things ♥

The Children Are The Guardians Of The World ‘Los Niños Son Los Dueños de la Tierra’

The children are the future of the planet
The children are the teachers
The children are the ones who know the secrets
They are the ones - who will lead the way

Chorus

Produced by Peter Mika, Jan Norman and Eli Krantzberg
With the Edinburgh school choir/Montreal/Lillias Lippert
Paraguayan harp: Robin Grenon
English lyrics: Jeane Denny-UK
Photo: Jim Zuckerman

Narration (Français)

Les enfants sont l'avenir sur terre
Les enfants nous montrent le chemin
Les enfants sont l'espoir, la lumière
Les enfants sont la voix de demain
(Español)

Los niños son la voz de nuestra tierra
Los niños son su canto
Los niños son la voz de la esperanza
Nos enseñan amor, paz y libertad
Chorus

Los niños son los dueños de la tierra
Los niños ven todas sus maravillas
Los niños son - amor e inocencia
Los niños son - los dueños de la tierra

We do not inherit the earth from our ancestors
We borrow it from our children
Native American Proverb

Month:

Perpetual Calendar
rainbowmusic.ca // rainbowmusic@videotron.ca

A 5x7 grid of 35 empty boxes for a crossword puzzle. The grid is outlined in black. The background features a scenic landscape with mountains in the foreground and a sunset with orange, yellow, and pink hues in the sky. The grid is positioned over this image.

💕 Llénalo con todo lo que tu quieras // fill me with happy things💕



OUR FAMILY CONNECTION

Lyrics: Jeane Denny—Produced by: Steve Parton

Tread softly on the Earth As the native children do
Tread softly on the Earth For the Earth loves you
Tread softly on the Earth And you will feel
Our family connection

Tread softly on the Earth
As the little critters do
Tread softly on the Earth
For she loves them too
Tread softly on the Earth
And you will feel
Our family connection

CHORUS

Sing softly to the Earth
For she will hear
Sing softly to the Earth
While you are here
Sing softly to the Earth
And you will hear
Our family connection

Month:

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💕 Llénalo con todo lo que tu quieras // fill me with happy things💕

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

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
Dear Father please find me
In the place you know I need to be

Bridge

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

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

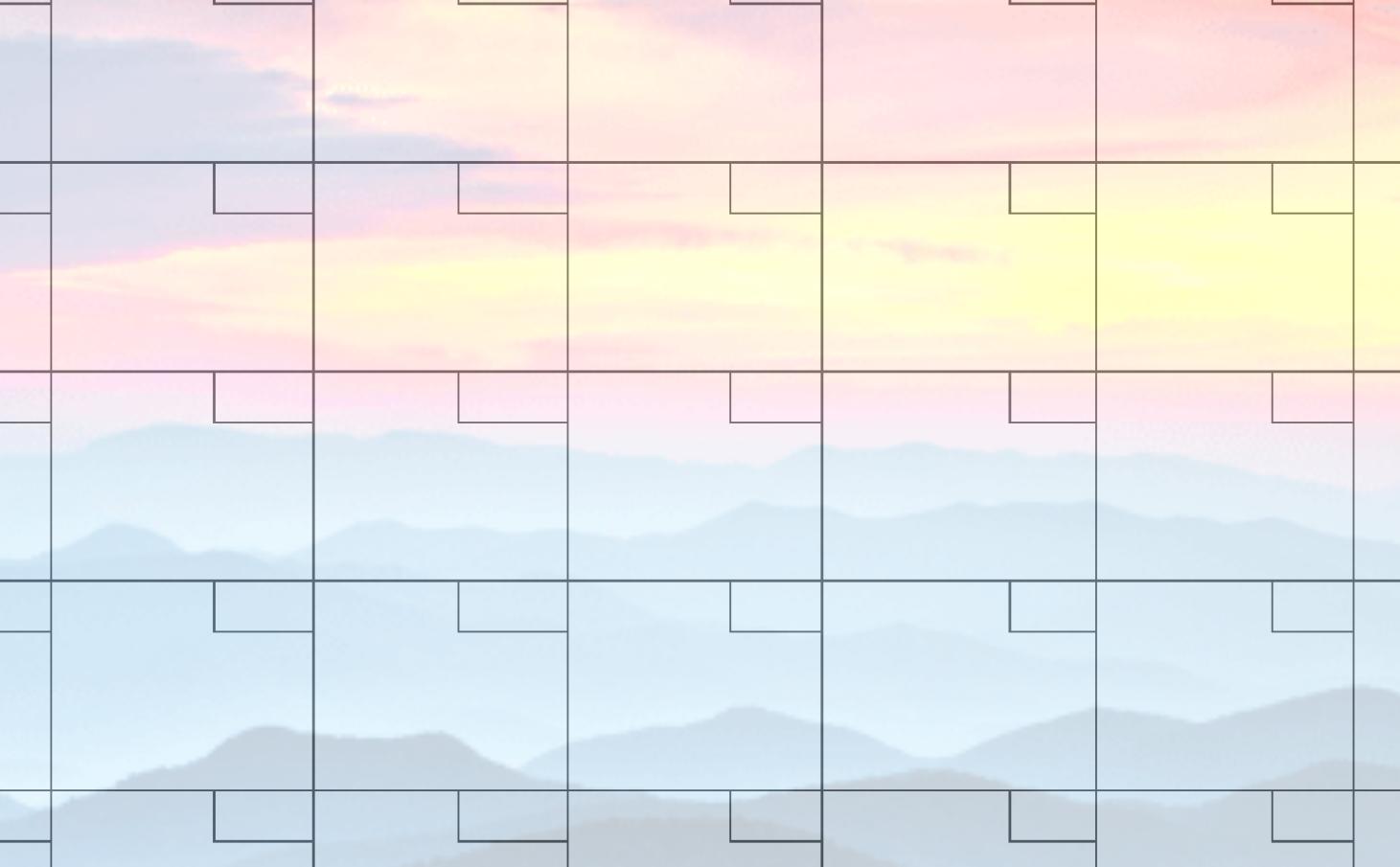
* * * * *

— While you are waiting — God is working —

Alan Cohen — author & teacher

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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 1

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



God's idea of Grace is far bigger
than your idea of Karma

Alan Cohen - daily inspiration



Chorus 2

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

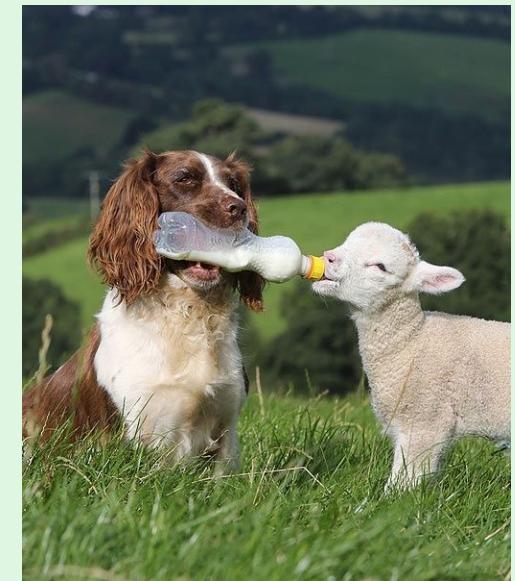
So I'll keep going, go on trusting
Keep believing in the knowing
That what I'm doing is the right thing
And my dream is right here waiting
Chorus 1 & 2

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The Aborigines of Australia and the Native people of North America have a remarkable relationship with nature. They believe that everything that exists on the planet has a reason and a purpose.

The purpose of the plant kingdom is to feed the animals and the humans, to hold the soil together, to enhance beauty and to balance the atmosphere.

The primary purpose of the animal is not to feed humans, but it agrees to do so when it is necessary.

The primary purpose of the animal is to balance the atmosphere and be a companion and teacher by example.

Animals do not give up their lives willingly unless it is necessary..Because of the sacredness of all life and the need to live without causing suffering, we as humans should not take the lives of animals unless our survival absolutely depends upon it.

The well-being of the human race concerns everyone - it is yours, mine and ours....



ANIMALS ARE MY FRIENDS (and I don't eat my friends)

Animals are my friends — I love my friends

Animals are my friends — I love my friends

Animals are my friends — don't eat my friends

Love them and be kind and treat them as friends

Animals are my friends — don't eat my friends

Love them and be kind to them

Title...George Bernard Shaw

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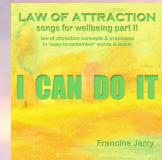
Where to find my music



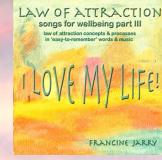
Joy Joy Joy



If you want it



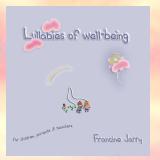
I Can Do it



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

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<https://rainbowmusic.ca/albums>

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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