

LIVING IN THE VORTEX



Francine Jarry

LIVING IN THE VORTEX

The Songs...

1. Life is supposed to be fun
2. Living in the vortex
3. It's a good day
4. Tell a different story
5. Flow flow flow
6. I want to have fun
7. Choices choices choices
8. Look for reasons to feel good
9. Life is what you make it
10. Soothe yourself
11. Lighten up
12. Thank you Abraham
13. Living in the vortex (reprise)

~ 'Law-of-attraction inspired' songs written, recorded & performed by Francine Jarry ~

~ Connect to the album soundtrack on Spotify, Apple/iTunes, Amazon, etc. ~

~ Special thanks for the beautiful photos from unknown sources ~

~ Cover photo...my 'high energy' son Bobby ~ age 2 ~

~ For pdf or a printed version, please contact ~

~ rainbowmusic.ca ~ francinejarry.ca ~

~ rainbowmusic@videotron.ca ~

~ Montreal~Canada ~





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'

LIFE IS SUPPOSED TO BE FUN!

Life is supposed to be fun
Life is supposed to feel good now
Don't live it all on the run
Life is supposed to be fun

Life is supposed to feel good
Life is supposed to bring you joy
Freedom to choose what you would
Life is supposed to feel good

“Finally some time to myself”

Irish flute ~ Kelly Symons



Month:

January

DAILY PERPETUAL & REUSABLE CALENDAR
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contact: rainbowmusic.ca or rainbowmusic@videotron.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

'fill your calendar with happy things'

LIVING IN THE VORTEX

Verse I

Get into the vortex
Get into the vortex
Of creation
Get into the vortex
Get into the vortex
Of pure inspiration

Get into the vortex
Get into the vortex
That's were I want to be

To plant a little seed
Dream a little dream
Create my reality
Plant a little seed
Dream a little dream
In perfect synchronicity

Plant a little seed ~ dream a little dream ~ create my reality
Plant a little seed ~ dream a little dream ~ In perfect synchronicity

Living in the vortex ~ living in the vortex ~ repeat to the end...

Verse II

Yes! I love living in the vortex
Living in the vortex
Of creation
Living in the vortex
Living in the vortex
Of pure connection

Living in the vortex
Living in the vortex
That's were I want to be

To plant a little seed
Dream a little dream
Align with Source Energy
Plant a little seed
Dream a little dream
In perfect harmony



Month:

February

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'fill your calendar with happy things'

IT'S A GOOD DAY

The sun is shining
My heart is beating
It's a good day

The world is spinning
My heart is singing
It's a good day

And when it's raining
No use complaining
Make it a good day
It's a good day
To be alive

*When confronted with a situation that appears
fragmented or impossible, step back, close
your eyes, go to the inner place where
problems cannot enter, and abide in
the consciousness of well-being*

Alan Cohen ~ daily inspiration

Bridge

It's a good day,
It's a good day
Thoughts are flowing
It's a good day
Though I don't know
Where I'm going

The sun is shining
My heart is beating
It's a good day

The world is spinning
Birds are singing
It's a good day

And when it's raining
No use complaining
Make it a good day
It's a good day
It's a good day
It's a good day
To be alive
Cuz I'm alive



Month:

March

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TELL A DIFFERENT STORY

*Everything always comes my way, everything comes to me
All that I want always comes my way, everything comes to me*

Verse1

When I tell it like I want it to be
Tell it like I want it to be
When I tell it like I want it to be
I get it like I want it to be

So tell it like you want it to be
And tell a different story
When you want to change your reality
You've gotta tell a different story

Verse 2

So I tell it like I want it to be
And tell a different story
If I want to change my reality
I've gotta tell a different story

*If you want to change your reality
You've gotta tell a different story*

Bridge

Energy flows where attention goes
So tell it like you want it
Believe it and expect it

Verse 3

And tell it like you want it to be
Tell it like you want it to be
When you tell it like you want it to be
You get it like you want it to be



I CAN DO IT!

Month:

April

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

'fill your calendar with happy things'

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

Month:

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May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

'fill your calendar with happy things'

FUN FUN FUN

I want to have fun fun fun
I want to have fun fun fun
I want to play*just want to play
I want to have fun fun fun
And play my life away

I wanna do do do
I wanna do do do
Do what I love
Do what I love
I wanna do do do
Do it my own way

I wanna be be be
I wanna be be be
I wanna be me*I wanna be me
I wanna be be be
Who I meant to be
From my non-physical perspective

I wanna feel good now
I wanna feel good now
I wanna laugh*I wanna sing
I wanna be kind to all living things
I wanna feel good now
That's what I care about

Fun fun fun
I wanna have fun fun fun
I wanna play*I just wanna play
I wanna have fun fun fun
And play my life away
And play with you all day

Month:

June

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

'fill your calendar with happy things'

Choices Choices Choices

Verse 1

Somedays the rain must fall
But I won't care at all
I'll walk between the drops
And I won't get wet

Verse 2

Somedays don't seem to flow
To where I want to go
So I redirect my thoughts
To things I love a lot

Verse 3

Good feels good and bad feels bad
It's easy when you know
To look for things
That make you glad and
Get back in the flow

Chorus


Choices, choices, choices
It all depends on me
I can choose to struggle
Or choose to be free

Chorus

Choices, choices, choices
It all depends on me
I can choose to struggle
Or choose to be free

Chorus

Choices, choices, choices
It's really up to me
To let go of the struggle
By knowing I am free



Every thought you have ever thought and
every choice you have ever made has brought
you to this 'present moment'

Month:

July

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'fill your calendar with happy things'

Look for reasons to feel good

Look for reasons to feel good
Look for reasons to be happy
Look for things that make you smile
Look and see the beauty

When every now and then
I lose my way again
Without a plan, with no direction
I feel lost and alone
Must find my way back home
Find my way back to connection
The best that I can do
Is to remember to...

Look for reasons to feel good
Look for reasons to be happy
Look for things that make me smile
Look and see the beauty
Look for reasons to be happy

‘Become a passionate observer of what you want’

Abraham

Month:

August

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'fill your calendar with happy things'

LIFE IS WHAT YOU MAKE IT

Verse 1

Today the sun will rise
Today my light will shine
Today I recognize
What I want can be mine

Verse 2

Today is all I have
Today is where I am
Today I'll choose my thoughts
To feel the best I can

Verse 3

It's all so clear to me
How my life's come to be
I'm the one who creates
My own reality

Chorus

Life, life, life
Life is what you make it (2)

Verse 4

There are things I don't like
Some things I cannot change
I've given up the fight
And let go of the pain

Chorus

Life, life, life
Life is what you make it (2)

Verse 5

My life's a picture show
I create as I go
I'm in it for the ride
Here from the other side

Chorus

Life, life, life
Life is what you make it (2)

Verse 6

There's nothing to forgive
For there's no one to blame
I chose all that I lived
I'd do it all again

Chorus

Life, life, life
Life is what you make it (2)

Coda

This is how I planned it to be
A perfect blend of variety
To live my life happy and free
To make my life the best it can be

Chorus

Life, life, life
Life is what you make it (2)

Life, Life, Life – Life is what you make it
follow your heart & make peace with where you are

Month:

September

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SOOTHE YOURSELF

A person is sitting in a meditative pose on the ground in the lower center of the image. They are surrounded by tall grass. A large, dark tree with many branches dominates the upper half of the image. The background is a vibrant sunset or sunrise sky with colors ranging from deep red at the bottom to bright yellow and orange at the top. The overall mood is peaceful and contemplative.

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

Month:

October

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'LIGHTEN UP!'

Lighten up your life today
Look for joy, go out and play
Lighten up!

Lighten up your heart and say
I can be happy anyway
Lighten up!

Take it easy, take it slow
Plant a seed and let it grow
We're never done so what's the rush
Just relax and lighten up!

Lighten up your life today
Look for joy, go out and play
Lighten up!



"Find your next point of excitement without attachment to the outcome"

'Bashar'

Month:

November

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THANK YOU ABRAHAM

VERSE I

I want to know the fullness of who I am
With every step I take today
I want to thank you Abraham
For guiding me along my way

VERSE II

For guiding me closer to who I am
And to more fully recognize
The joy in all that I am asking for
And opening my eyes

VERSE III

To endless possibilities
To feeling good and feeling free
Free to allow all that I'm wanting now
And loving my life as me

I want to thank you Abraham For guiding me along my way With every step I take today
I want to thank you I want to thank you I want to thank you...



ABRAHAM-HICKS
PUBLICATIONS

Month:

December

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LIVING IN THE VORTEX

Reprise...ending...

Yes! I love living in the vortex

Living in the vortex

Of creation

Living in the vortex

Living in the vortex

Of pure connection

Living in the vortex

Living in the vortex

That's were I want to be

To plant a little seed

Dream a little dream

Align with Source Energy

Plant a little seed

Dream a little dream

In perfect harmony

Plant a little seed ~ dream a little dream ~ create my reality

Plant a little seed ~ dream a little dream ~ In perfect synchronicity

Living in the vortex ~ living in the vortex ~ living in the vortex...

