

Nervous Tension

Lemon Jelly

Ready?

Ready?

Nervous tension

Nervous tension

Is an unseen enemy of the human mind

Nervous tension can cause you

To lack confidence in yourself

To lose your concentration

And to be inefficient in your work

Nervous tension can prevent you from relaxing

To spoil your leisure hours

And rob you of the sleep you need at night

Nervous tension

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The purpose of this record

Is to train you in the art of relaxing

Both your mind and your body

Use it regularly

Train your mind through repetition

To follow the suggestions

And then you'll be ready to progress

To side two

The mind remains tense

When it is restlessly

Turning over personal problems

Worrying about financial matters

Or the conflicts of daytime plight

Or fretting over the troubles of the world

A mind so strained and tense

Cannot relax even in sleep

Night passes in uneasy dreams

The body is not refreshed as it should be

But you can overcome this difficulty

If you thoroughly relax your mind

Before you go to bed

Better still, you can learn to relax

From time to time during the day

So that nervous tension never builds up

To an unpleasant degree

Nervous tension

Nervous tension

You will carefully plan your course through life

You will think about your plan

Think about your interests

Think with the pleasure

Of the satisfaction you will feel

As the plan becomes reality
You will firmly imprint in your mind this phrase
"I maintain, at all times
A calm, confident, cheerful state of mind"
You will repeat it aloud to yourself
At least three times daily

You will give your mind and body
The rest they need to restore energy
Very shortly you will no longer
Need to listen to my voice

You will absorb and understand
The suggestions I have given you
And you will learn to give them to yourself

Nervous tension
Nervous tension

And now we shall begin