

# Nervous Tension

## Lemon Jelly

Ready?

Ready?Nervous tensionNervous 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 workNervous tension can prevent you from relaxing

To spoil your leisure hours

And rob you of the sleep you need at night

Nervous tensionNervous tensionThe purpose of this record

Is to train you in the art of relaxing

Both your mind and your body

Use it regularlyTrain your mind through repetition

To follow the suggestions

And then you'll be ready to progress

To side twoThe mind remains tense

When it is restlessly

Turning over personal problems

Worrying about financial mattersOr the conflicts of daytime plight

Or fretting over the troubles of the world

A mind so strained and tense

Cannot relax even in sleepNight 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 bedBetter still, you can learn to relax

From time to time during the day

So that nervous tension never builds up

To an unpleasant degreeNervous tension

Nervous tensionYou 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 feelAs 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 dailyYou 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

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