

If the Mind Begins to Wander (1 of 2)

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If the mind begins to wander
If the brain begins to lapse
Try to drag it quickly to reality
Before it snaps
Hold a little tighter to the real and true
To keep the powers of perception good as new
Take it from an analyst who knows
The levels of your sanity
Can topple just like dominos

If you have the slightest twinge of doubt
That you are doing fine
You should be aware that your uncertainty
Could be a sign
Ev'ry little brain cell could be warning you
You've bitten off a bit more than your mind can chew
The psyche is a tender, fragile thing
One moment you are lucid
And the next, you're only gibbering

Try to take the smoothest path
Give the mind the right sensation
Otherwise, the aftermath
Could send your brain on a long vacation

If you find you suffer
From a frequent loss of self control
You will soon discover
How hysteria can take its toll
The road to total madness is a slipp'ry slope
A careless step, and you could lose the pow'r to cope
It could only take a day or two
And raving, angry lunatics
Are made from people just like you

If the Mind Begins to Wander (2 of 2)

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If the mind begins to wander
Much too far to bring it back
You may need assistance
To divert it to the proper track
You frankly won't believe
What such a task entails
But I'll be there to help you
If your train derails
The longer that I live, the more I see
How level heads can soon become
The victims of anxiety

Just a little jolt
Can send your mind into a frenzied spin
Like a whiff of ether
Or the kicker in a Mickey Finn
Don't allow your fantasies to stray too far
They'll drag you from your orbit
Like a falling star
Down to earth you'll tumble in a heap
If you sow insanity
Insanity is what you'll reap

Take the time to sort things through
Get in touch with ev'ry feeling
Otherwise, you'll come unglued
And scrape your brains right off the ceiling

If you handle carelessly
The mental state of your affairs
You will lose your mind
As fast as falling down a flight of stairs
Ev'ry little crazy whim must be curbed
Lest you end up like the mentally disturbed
Good advice can help you make it through
Now if the mind begins to wander
You'll know what to do