

To guide you in a definite program for overcoming tension the following books are highly recommended.

RECOMMENDED READING FOR OVERCOMING TENSION

The Bible: Psalms 23, 46 and 121; Isaiah 26:3,12;
Matthew 6:24-34; 11:28-30; John 14:27; James 1:3, 4

How To Find Health Through Prayer	Glenn Clark
Release From Nervous Tension.	David Harold Fink, M.D.
The Art of Relaxation	Herman S. Schwartz
Relax and Live	Joseph A. Kennedy
How To Live 365 Days A Year	John A. Schindler, M.D.
The Power of Positive Thinking	Norman Vincent Peale
Joy Is an Inside Job	Don Blanding

Other Books by Glenn Clark

Be Thou Made Whole • On Wings Of Prayer • Windows Of Heaven •
God's Reach • I Will Lift Up Mine Eyes • The Soul's Sincere Desire • A
Man's Reach • The Way, The Truth And The Life • Fishers Of Men • Two
Or Three Gathered Together • Come Follow Me. • Together • The Third
Front • Water Of Life

BOOKLETS: The Thought Farthest Out • The Secret To Power In
Business • Power In Athletics • The Armor Of The Soldier
• Collaborating With Eternity

About the author

Glenn Clark is the author of more than thirty books, booklets, pamphlets and magazine articles which have gone into well over a million homes. And to thousands he is a friend that they feel they know on a personal level.

For a large part of his adult life Glenn Clark was a college professor and an athletic coach. At the time he retired from Macalester College he was Professor of English and also Professor of Creative Religious Living. In these capacities he helped to guide and mold thousands of young people at crucial periods of their lives.

In 1929 a group met with Glenn Clark and decided to hold a summer camp where they could live and learn and begin to practice the Christian truths which Dr. Clark had been talking and writing about ... with special emphasis on the study and practice of prayer. This was the beginning of the Camps Farthest Out. The name came from going farthest out in faith and trust and love...Through these camps the constructive, lifting influence of Glenn Clark has become world wide.

YOU CAN LET GO OF TENSION

by Glenn Clark, 1956

This is a LIFTLET...

**Its purpose is to give a lift
to all who read it.**

May it do that for YOU.



TRANSCRIBER'S NOTE: This writing is an adaptation/condensation of Dr. Clark's 1930 booklet *The Thought Farthest Out*. All books and booklets listed here are available at cfointernational.org (Literature section), Amazon.com, Alibris.com or BarnesandNoble.com.

ONE NIGHT I had a dream. I was sitting by a stream. A lithe young man in swim trunks ran down to the water, up the spring board, and with one pretty, vaulting leap flew through the air with the lightness of a bird. He cut the water like a fish. Then he scrambled out and sat down beside me.

"Would you mind telling me how you made that beautiful dive?" I asked.

"When I step out of my street clothes and into my swim trunks," he said, "I let go of all my body tensions, my nerve inhibitions, and my artificially created reflexes. All day long I have been building tensions into my nerves and muscles—tensions that are not my natural own. When I let go of all that does not belong to my own nature, I find my own essential self light and airy and free."

Then I thought to myself, "I begin to see the secret of power through letting go. We find this letting-go process at work in the athlete, in the scholar, and in the saint. And we should find it in the business person."

But most people are afraid to let go. Why? Because to let go is to surrender one's self to the process of falling. Falling is, perhaps, the most fundamental art of all life. The most primal, early and deeprooted fear that everyone is born with, so psychologists tell us, is the fear of falling. **If you can overcome your fear of falling and master the art of falling, you can overcome the world.**

This fundamental fear of falling has three phases: physical, mental and spiritual.

The key to overcoming the physical fear of falling is to learn how to balance your body. But how? By relaxing your neck, and making all your motions rhythmical. When your neck is relaxed and your head is having a happy time on top of a balanced spine, you are master of the art of life—in the physical realm.

The secret of overcoming the mental fear of falling is to bring your mind into harmony by balancing your imagination. Mental fears are caused by an arrested and tightened imagination, just as our physical fears are caused by a tightened neck. By relaxing your imagination ...

by relaxing and letting go of mental inhibitions - you see things as they really are, in true relation and true perspective. Then quietness and calm come over you, and tension disappears.

The way of overcoming fears of the spirit is to bring your spirit into balance. What the tightened neck is to your physical balance, the arrested and tightened power of love is to your spiritual balance. By relaxing your love from its inhibitions, fears and tensions of the spirit will vanish.

To sum up: When you relax your body, relax your imagination, relax your love, you will bring yourself into perfect balance—and be free from tension. And you will find the world around you, which a moment before seemed off its base or upside down, is in perfect balance too.

But how? How to relax? How to let go?

You can learn how! And it will not be difficult if you really mean business. It will involve some study and some regular exercises—physical, mental and spiritual exercises.



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