

# Hang on to Your Emotions

Lou Reed

When your imagination has too much to say  
when the chill of the night meets the sweat of the day  
And you have trouble understanding what other people have to say  
you'd better

Hang on to your emotions, hang on to your emotions

When a demagogue inside your head has taken charge  
and by default what you say or do is criticized  
And this litany of failures is recited a thousand times  
you'd better

Hang on to your emotions, hang on to your emotions

Could it be you've never felt like that  
that your mind's a cage - inside the cage a cat  
that spits and scratches all it can get at  
And that's you, and your emotions

Could it be you've never felt like that  
your mind's a cage - inside the cage a rat  
ravidly trying to get it, you  
And your emotions, you and your emotions

When your imagination has too much to say  
when that facile voice inside your head says give your life away  
You might think to ask - how it got that way  
what books it has read - that make it that way  
And where it got the right - to speak to anyone that way  
you'd better

Hold on to your emotions, hold on to your emotions

When a night city's breeze blows across the room  
and a 5 am moon and sun start their swoon  
You hear your lover's breath  
and not a moment too soon  
you get to

Release all your emotions, you get to  
let go of your emotions, and now  
Release all your emotions, you'd better  
let go of your emotions

Release, I wanna let go  
I wanna release, now