Smoking a pipe rocking in chair the middle man Plotting the ways he's going to interfere Permanent smile black in the eyes and onto you All the moments of joy unwillingly disappear

Holding you down, building you up Holding you down forever Holding you down, building you up Holding you down forever

He is the sound you hear
As the train rolls in
The daggers in your ear
The unforgiving ring
You try to stay calm
Draw in a breath of sanity
Try to believe that
This isn't happening

Holding you down, building you up Holding you down forever Holding you down, building you up Holding you down forever

Listen closely, take it to heart
Hate to tear your plans apart but
Don't resist just let the poison in
I've got a message here
Stick it in your file
No matter what you do
It will be worth his while

Holding you down, building you up Holding you down forever Holding you down, building you up Holding you down forever