Hello my only friend hello old stranger Looks like we meet again I think I'm in danger This life ain't no fairy tale the world's so misleading I'm searchin' for peace of mind 'cause my soul is bleeding The spirits they told me when times get tough Don't just run away The spirits they showed me that it's alright Confusion ain't worth the price of your life The mind is like a runaway train When the heart's off the beaten track So ride on in your runaway train Sanctuary waits but there's no turning back Goodbye to all I feel goodbye to love This time I'm trapped by emotions that I can't rise above So where can I run to now tell me where can I go When life's just a page in time just a stepping stone The spirits they told me when times get tough Don't just run away The spirtits they showed me that it's alright Confusion ain't worth the price of your life The mind is like a runaway train When the heart's off the beaten track So ride on in your runaway train Sanctuary waits but there's no turning back I need to make a change 'cause it's raining in my heart I know there's someplace waiting To ease my mind and free my soul The mind is like a runaway train When the heart's off the beaten track So ride on in your runaway train Sanctuary waits but there's no turning back