Slow Down, touch your life
Don't you know there's friends to be found
Lift your eyes and see the world
Lift your eye's up from the ground

Slow Down don't run from your dreams
When you know your right
Everybody's waiting
Don't you know somebody needs your tonight

Slow Down, find Love and be wise Slow Down dry the tears from your eyes Slow Down find yourself once again Slow Down, Slow Down my friend