

Nightmares

Ralph McTell

My friend won't tell me his bad dreams
He thinks that I would get scared
But he's my friend
And I can look into his eyes and know
That I've been there
Would it help if I describe them
Cos I know what you're going through?
Or would you need to see me shaking
To know that I've been there too?

Have you breathed upon the mirror?
Have you felt your pounding heart
When the dream that life had let you go
Woke you sweating in the dark?

Wave after wave breaks over you
You can drown on solid air
Voices echo far away
Over here, no over there

So listen, listen to your nightmares
Riding on your fear
Wild eyed and screaming
And they do not know that your friend is near
Oh, do not, do not try and stop them
Or contain them whilst they last
Look deep into my eyes, dear friend
And know the day will pass