

Ben Folds, Your Most Valuable Possession

(6:49 a.m, Friday, November 20th)
"Good morning, Mr. Ben.
It's about 6:30
Winston-Salem, North Carolina.

Um...just laying here in the bed,
half awake, half asleep,
thinking about you.

I was
wondering if you were looking after your
most valuable
possession:
your mind.

I was thinking about
John Glenn,
his space journey and all.

They said that
when you're in space you lose
muscle mass
and the body
mass
and I wondered if there was any
end to it.

Or whether,
if you didn't exercise in space,
how long it would be before you were just
a head, or a mind
and have no body or arms.
You'd have them but you couldn't use them.

I was wondering if
if your body mass would drop to a certain level,
and then it would stop right there.
And keep whatever you needed to
use your mind
because it would still be working."

(30 seconds remaining)

"Anyway, I was just pondering that.
What do you think about...that?

I hope everything is going alright.
I may well wake up here in a little while
and forget what I was thinking about."