

# Your Most Valuable Possession

## Ben Folds Five

6:49 A.M. Friday, November 20  
Good morning, Mr. Ben, it's about 6:30  
Winston-Salem, North Carolina  
Just laying here in the bed, half awake, half asleep  
Thinking about you, uh  
I was, uh, 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 for you were just  
A head or a mind and have no body or arms  
You would have them  
But you couldn't use them  
I was wondering if, uh  
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  
'Cause it would still be working  
Thirty seconds remaining  
Anyway, I was just pondering that  
What do you think about that?  
I hope everything is going alright  
I'm going to wake up here in a little while  
And forget what I was thinking about

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