

BETWEEN US!

Hi again! How is spring treating you? I don't know about you but I love the spring. I really think it's my favorite time of the year, particularly in California.

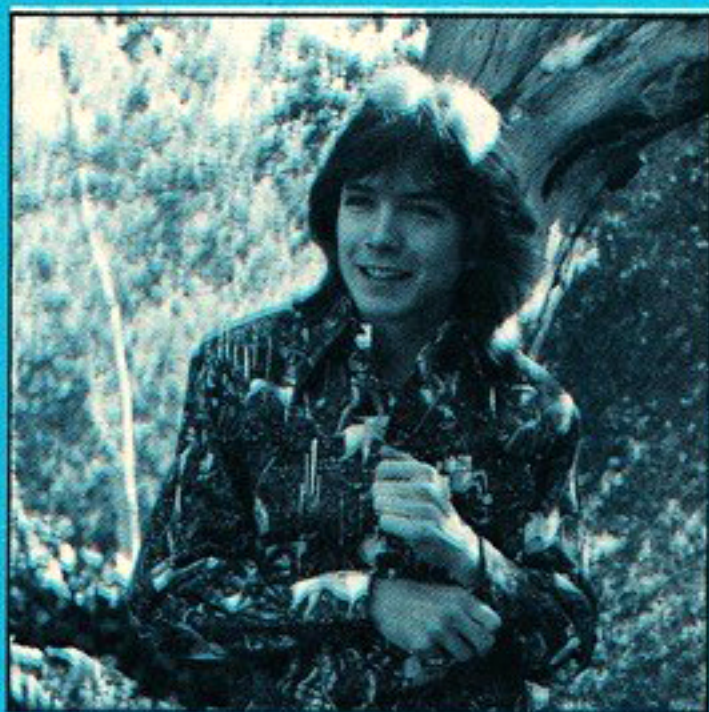
Summer is spectacular, but we do have these heat waves when it gets up over 100 degrees and who can even think in heat like that? So I guess spring is always my favorite time of year—except Christmas, of course!

Everything always seems so fresh and new in the spring. And that's when I'm on hiatus from *The Partridge Family* and have time for a little vacation and some concert tours. So I have some time for myself and some time for the fans—both of which is very important to me. I wish I had more for both you and me.

Hey, I'd like to tell you about something new I've gotten into that works for me. It's meditation. Now don't panic and think I've gone all mystic on you, I've just been giving meditation a try, and so far I like it.

A friend of mine is really into it and he introduced me to it. It's nothing really complicated or mystical at all—not like I used to think it was. It's really just a way of trying to sort things out in your head—and heaven knows my head can use some straightening out at times!

It's hard for me to explain it to you in a column like this. It really takes someone who's really into it



to explain it to you. Basically what it's all about is sitting yourself down alone somewhere where it's quiet and you're comfortable and sort of emptying your mind.

What I do is I wait until I've got a few minutes alone, usually first thing in the morning before I go to work. I sit down in my bedroom, close my eyes and concentrate on nothing—that sounds a little funny, I know, but try it.

One morning when I had a whole mess of things I was supposed to do, and I couldn't decide which to do first, I tried meditation and soon decided that the only really important thing to do was to answer some of my fan mail.

So I tossed everything else aside and concentrated on my mail and I really felt great.

I'm not trying to tell you that meditation is a cure-all for everything. I'm just saying it's something new that I'm trying that I think is useful for me.

Anyone who knows me knows I'm not into astrology or numerology or things like that, but meditation seems to me to be just making better use of your brain and I think that's something we all could use.

Right now I'm at home feeling kind of peaceful. It's late at night and the only sounds I can hear are rain on the roof and occasional thunder. I'm bundled up all warm and cozy in the living room writing this column to you. I kind of wish you were here with me. We could be warm and cozy together and talk about all those things people seem to talk about on rainy nights. You aren't afraid of thunder are you? Don't worry, I'll protect you!

I really wish I had some popcorn with butter all over it.

Man, I was just reading this column and I sure am rambling tonight! I started off talking about spring, then wandered into meditation and somehow got off on rain—and I don't know how popcorn got in there! See what happens to me when I'm left alone on a rainy night!

Well, I can't stand it—I'm going to make myself some popcorn! So I better finish this before I get butter all over it.

I hope to see you here again next month.

Love! David

BY DAVID CASSIDY
