

Message from the Mountain
2018

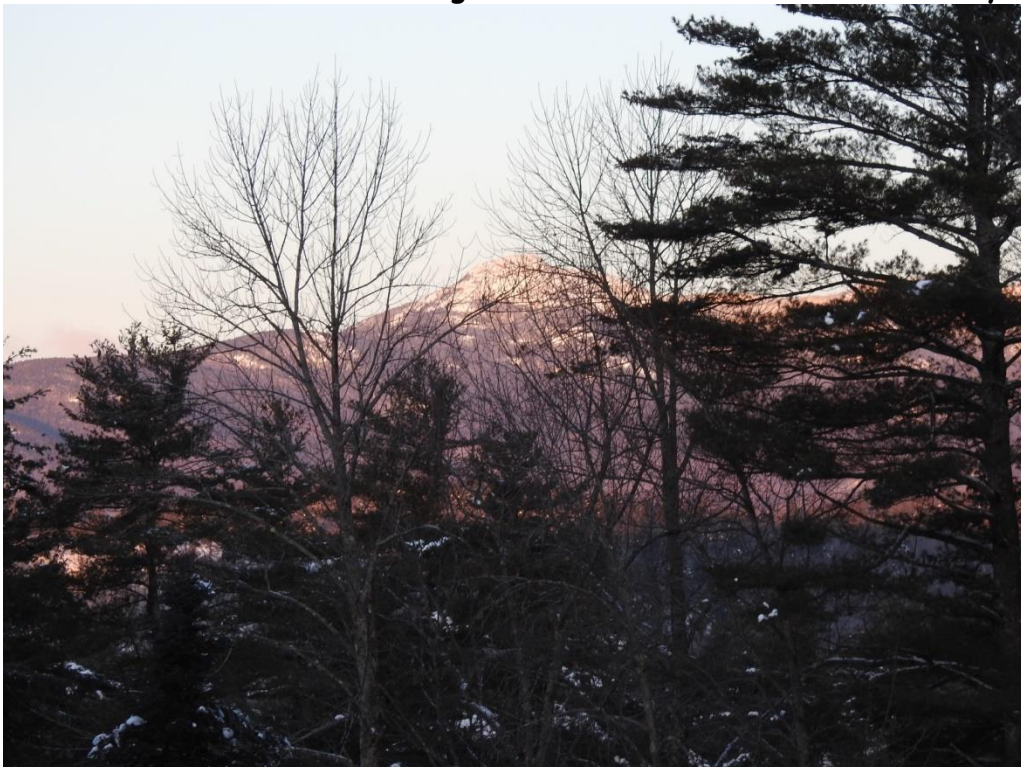
Michael R. Hathaway



2018 01-01, 3720 - LOOKING FORWARD - At the dawn of a new year many people create goals or resolutions they "hope" to accomplish in the days to come. One of my goals is to finally finish the small meditation building at the Center, along with what else the Cosmos plans.



2018 01-02, 3721 - BELOW ZERO - The temperature has been below zero every morning for the past week. My priorities change as I hunker down in the warmth of the house. I watch for ice buildup on the roof and observe Nature through the windows. Gratitude flows in my heart.



2018 01-03, 3722 - FROZEN SOLID - It has been so cold the last week that much of the out of doors, including the little brook, has frozen solid. I am reminded of when we have brain freezes, where our thoughts seem to be frozen solid. There is a warm-up coming. Just be patient.



2018 01-04, 3723 - ICE COVERED BERRIES - The red berries have had a coating of ice for over a week now, as the cold snap continues. I patiently wait for a thaw and then I know there may be more ice as winter continues. Life will continue no matter what the weather brings.



2018 01-05, 3724 - PRELUDE TO A STORM - I saw a foreboding sky beyond the beauty of the nearly full moon and pink clouds. The weather forecast was for a major snow storm detected by sophisticated computers. I think back to when we studied life through inner awareness.



2018 01-06, 3725 - THE ICE STORM OF '98 - Twenty years ago Nature inundated the area with a four-day ice storm that caused power outages for over a week. The woods on the mountainside looked like a battlefield. Through time, healing has been taking place to the soul of the land.



2018 01-07, 3726 - SPOTTED IN THE WOODS - I could just barely see him in the middle of the storm as he snow shoed up the trail behind our house. It was our son on a winter storm hike. I thought of the people that we spot in the woods all year long, connecting to Nature.



2018 01-08, 3727 - UNDER THE BIRCH TREE ARCHWAY - A slender tall birch tree was weighed down by the ice storm, forming an archway over the old road leading to the orchard. Its tip was frozen into the snow, and it looked like it was placed there to guide me into an adventure.



2018 01-09, 3728 - INVASION OF THE ICE MONSTERS - A transparent line of ice monsters crept along a birch limb waiting for their next prey. I knew they were there only until the weather warmed, but they captured my mind in my moment of encounter.



2018 01-10, 3729 - WINTER ORNAMENTS - The recent cold snap has helped Nature's winter ornaments hang on the trees for several days. I have enjoyed this crystal world, a bonus in beauty, for dealing with the freezing temperatures. There is almost always a good side to life.



2018 01-11, 3730 - MULTI-LAYERED SKY - The evening sky was mesmerizing and filled with wonderment. I took in the multi layers of colors and thought of how my day was filled with wondering what this life on earth is all about. Wonder may be part of Purpose.



2018 01-12, 3731 - WINTER TAKES A BREAK - I could smell a preview of spring in the air. I could feel it in the temperature as winter took a break with a few days of January thawing. It is a time of enjoying the beauty of nature and rekindling the awareness of days ahead.



2018 01-13, 3732 - LOW PERCH - I watched the Junco from the front window as it perched on a branch observing the world. The branch was stuck in the snow a foot or so above the ground. I thought of people that are content to find a low perch in life and not venture upwards.



2018 01-14, 3733 - FACES IN THE LEAVES - The winter thaw opened the brook, and some leaves collected at the edge of the water's flow. I imagined a Native American face, but when I saw a photo of it, there was a different face. I wondered if Nature had arranged it for me to see.



2018 01-15, 3734 - MID-WINTER CLEARANCE - Winter has had a clearance. Two days of gushing rain and warm temperatures cleared away a lot of the snow covering the mountain. The brook is overflowing. People are either happy or sad about it. Then the clearance ends.



2018 01-16, 3735 - BUSYWORK - The pileated woodpecker's busywork littered the ground with wood chips as he searched for food. There are other busy creatures in the woods that do not leave evidence. The same is true with people. Many do positive work unnoticed.



2018 01-17, 3736 - THE ICE MAN COMETH - I ventured out in the cold to the flowing brook to attend Nature's unveiling of her latest ice creations and I saw the Ice Man at work. He had created a magical display that was constantly changing, still lasting in my mind.



2018 01-18, 3737 - THE HAND OF NATURE - As I reviewed some photos of the recent ice exhibit in the brook I saw the hand of Nature at work as it gave me a thumbs up. To me, it is a sign that I am honoring the living earth and also the opportunity to wonder at what I found.



2018 01-19, 3738 - COVER UP - After a couple of days Nature decided to cover up the brook ice sculpture exhibit with a fresh coat of fluffy snow. Sometimes we try to cover up how we feel with fluffy meaningless actions rather than letting the beauty of unconditional love shine out.



2018 01-20, 3739 - A SOFT MORNING - It was a soft morning with a new coating of fresh fluffy snow, a clearing sky, and a beautiful alpine glow on the mountains to the west. I was fortunate to be able to start the day at a slow pace that began gratefully, before I looked out the window.



2018 01-21, 3740 - EMPTY SHELL - The empty beech nut shell rested on the snow-covered trail, its meat nowhere to be seen. I wondered if it had brought nourishment to the animals or if it would eventually sprout into a new tree. I thought of people who are empty shells.



2018 01-22, 3741 - ROAD TO ADVENTURE - There is a magic road that I often travel to a timeless valley filled with adventures in Nature and in my mind. I also have learned that there is a magic road deep inside of each of us waiting to take us on adventure.



2018 01-23, 3742 - MAKING A FACE - Sometimes I look out the window in winter and make a face at the weather. The other day I saw winter making a face right back at me. It was just the right moment to change my thoughts to wonder and the gratitude.



2018 01-24, 3743 - WINTER INTERLUDE - I look forward to those days when the daylight increases and the sun's warmth becomes stronger and I feel inspired to take a hike from the orchard over to the Lupine Field. My senses become alive as I take in the beauty surrounding me.



2018 01-25, 3744 - FEELING DROOPY - This has been a hard winter on the trees. They keep being weighed down by ice and heavy wet snow. From what I hear and read it has been a hard winter on a lot of people. Staying positive can help weather the storms. Spring is coming.



2018 01-26, 3745 - SNEAKING THROUGH THE WOODS - Recently I saw two male turkeys, perhaps the largest I have ever seen, sneaking through the woods. I think they had been trying to eat off the birdfeeder but got spooked. I am reminded of the many miracles that sneak through my life.



2018 01-27, 3746 - WASHED CLEAN - The recent winter rain washed the bench at the top of the lupine field clean of the usual cover of snow. It has been given a fresh start by Nature to once again face the elements, just as we are given each day to embrace life.



2018 01-28, 3747 - HELTER SKELTER - The ice storm rearranged the landscape on top of the mountain in a helter skelter fashion with no seeming rhyme or reason. Sometimes life is like that. Maybe behind the chaos is an order of purpose arranged by an invisible hand.



2018 01-29, 3748 - PICKING A SAFE ROUTE - The snow was covered with a very hard layer of ice and our creepers slipped on the downhill ascent. My wife picked the safe route and slid on her hind end safely back to our vehicle. It is good to listen to our inner voice for guidance.



2018 01-30, 3749 - DOMINO EFFECT - The ridge of the mountain looked different, almost as if part of the land had been cleared. We walked over the icy trail to investigate and found several very large trees toppled over like dominos. Fortunately, in life our beliefs can interrupt the domino effect.



2018 01-31, 3750 - FROZEN WHITES - I could see a magnificent scene through the trees as I approached the Lupine Field. I smiled, breathed in the crisp cold air, and continued on to my destination, filled with gratitude.



2018 02-01, 3751 - OFF ON AN ADVENTURE - I wonder when I see human tracks in the snow what kind of an adventure they will have on their journey into Nature. What will they see? What will they feel? Will they come back to the world changed by their experience?



2018 02-02, 3752 - WINTER LACE - The ice coated branches of the severely bent white birch looked like sparkling lace in the bright sun. I noted the beauty along with the destruction from the recent storm. It reminded me that there is beauty everywhere in life if we choose to see it.



2018 02-03, 3753 - PINE FLOWERS - The thick ice coating the tips of the pine tree branches created a view that looked like the tree had grown flowers. To me it was a beautiful sight and it reminded me that there are many "flowers" of life blooming differently.



2018 02-04, 3754 - LOW HANGING BRANCHES - The ice-covered branches blocked the trail causing us to weave back and forth as we walked towards the ledges. The path had changed but our destination was still the same. A walk through life also may be over a changing path.



2018 02-05, 3755 - ICE COATED SPRILLS - The ice formed a thick coating, encasing the evergreen sprills in a way I had never seen them before. If I had not been looking for unique pictures to take, I could have missed them. I am grateful to have a different view of what I often see.



2018 02-06, 3756 - FROSTY ISLAND - I had waited a few months to return to the sea, but a brisk icy wind kept our walk to just a few minutes. It was enough time for me to visit a frosty island in my mind. The adventure lingered long after my return to the heated cab of the truck.



2018 02-07, 3757 - A REMINDER OF SEASONS TO COME - The bouquet of flowers, still in bud form when my wife received them, slowly opened as they sat in a vase on our indoor balcony. Then like magic, they opened and gave us a reminder of the seasons to come.



2018 02-08, 3758 - WATCHING THE WEATHER - I spend a good part of my life either watching weather reports or watching the weather wherever I am. It is a way for me to use the moment to enter a light trance that connects me with something in the vast Cosmos.



2018 02-09, 3759 - FRESH SNOW ON THE MOUNTAIN - The mountain is covered with a fresh coating of snow. Skiers love to be the first to leave their tracks in new powder. When we think of life as fresh powder, each day is an opportunity to start new again.



2018 02-10, 3760 - FIFTY YEARS ON THE MOUNTAIN - Fifty years ago today my wife and I and our young son moved into our new home on the side of the Mountain. Many changes have taken place over the years in our lives and the original home. The Mountain is the same.



50 years

1968 - 2018



2018 02-11, 3761 - A TREAT FOR THE NEXT HIKE - I discovered a butcher shop bone in the fresh snow on the trail. I knew it had been left there by a dog on a hike with its owner, only to be discovered again on their next hike. Nature leaves many treats for me to find.



2018 02-12, 3762 - FROZEN ROSE HIPS - The vast expanse of the ocean filled my view of the horizon and it would have been easy to miss the small frozen hips along the path if I had not been observant. In the walk of life, it is easy to overlook tiny miracles that are all around us.



2018 02-13, 3763 - ANOTHER VIEW FROM THE LUPINE FIELD - Sometimes I zero in on the individual mountains. I gaze at them from the Lupine Field and wonder who has climbed them and what it was like when they were formed by the glaciers. There is a lot to wonder about in life.



2018 02-14, 3764 - GIFTS FROM THE TIDE - Every time the ocean tide comes in and departs again it leaves gifts on the shore. People love to walk along the edge of the sea to find treasures waiting for them. Life also brings us gifts every day if we believe and walk the walk.



2018 02-15, 3765 - SPLINTERED - Nature has the power to reshape the landscape. It can splinter large trees. Humans are a lot like Nature, but fortunately we have been given the opportunity, regardless of the situation, to maintain a flexible belief when in inflexible situations.



2018 02-16, 3766 - SUNLIT TRAIL - The cold winds of winter stung my face as I gazed at the mountains in the west. I turned and started the walk back to the orchard only to be met with warm sunshine on my face. I felt the hint of the season to come and my heart was warmed also.



2018 02-17, 3767 - ON A FEBRUARY AFTERNOON - We set off on a hike on a bright February afternoon, up through the orchard, across the Ledge Trail, to the Lupine Field and the crystal-clear views across the valley. I discovered life again for the first time.



2018 02-18, 3768 - DIAMOND CRUSTED - The frozen snow sparkled in the afternoon sun as if it was covered with countless diamonds. As I walked across this magical landscape I was once again reminded of the vast riches Nature has to share with those that explore.



2018 02-19, 3769 - SUMAC IN WINTER - The Sumac, a tree you either hate or love, often goes un-noticed in the winter. It is known for its brilliant red leaves and plumes in the fall. I found its winter dress a reminder of how much often goes un-noticed as we walk our paths.



2018 02-20, 3770 - THE LOOK OF SPRING - From record lows in January to record highs in February we have experienced the ups and downs of winter. Now the early look of spring is upon us. Nature teaches us that life is constantly changing.



2018 02-21, 3771 - TAPPING SEASON HAS BEGUN - We measure life by seasons. Besides winter, spring, summer, and fall there are seasons within the seasons, such as blackfly season, allergy season, and maple tapping season. Each day of every season provides a new adventure.



2018 02-22, 3772 - FROZEN TREAT - I noticed a small icicle hanging off the spigot collecting sap from a maple tree. I brought it into the house for our visiting granddaughter to try. At first, she thought it to be just frozen water until she tasted a sweet treat. Nature surprises again.



2018 02-23, 3773 - LIMBO TREE - The recent ice storm caused a poplar tree to break and become pinned down by several small birches right across the road to the orchard. It became a game getting under the roadblock. The limbo tree created a wonderful interruption.



2018 02-24, 3774 - PLAY TIME - On a recent visit by our teenage granddaughter, she and her grandmother decided to make a snowman near the orchard. I watched them play in Nature and it reminded me that one of my goals is to discover the magic in life every day.



2018 02-25, 3775 - MESSAGES FROM THE FAIRIES - Some believe the woods are inhabited by tiny creatures like nymphs and fairies that are invisible to nonbelievers. When I see tiny birch bark scrolls, I know the fairies have been leaving messages for us.



2018 02-26, 3776 - PRE-STORM SKY - The beautiful red evening sky did not give a hint of the approaching storm. The weather reports were full of warnings. Predictability is not always as accurate as we would like. It is good to be prepared as we enjoy the moment.



2018 02-27, 3777 - MORNING WALK BEFORE THE THAW - In late winter and early spring when the temperature goes above freezing during the day, it is wise to walk before the sun thaws the snow. Sinking into deep snow is no fun. Mindfulness in life is also a good idea.



2018 02-28, 3778 - COMPARING THE VIEW - Recently my wife found a photo taken after our first logging operation some 25 years ago and it showed how we first became aware of the view that is now the Lupine Field. Life has many stories to tell between then and now.



2018 03-01, 3779 - READY FOR THE NEXT BITE - I carefully snuck up to the window to photograph the woodpecker on the side of the suet feeder. It looked like it was waiting for its next bite. The close encounter reminded me for a brief moment of Nature's beauty.



2018 03-02, 3780 - WARM CORNER OF THE ORCHARD - As the meteorological spring has descended upon us and the warm corner of the orchard where the sun first to melts the snows of winter, I pause to celebrate the emergence of hope and joy for the seasons ahead.



2018 03-03, 3781 - FULL MOON THROUGH THE TREES - I could see a bright light that appeared to be coming from a trail on the mountain. It was actually the full moon shining through the trees. I was reminded that as each angle of the moon appears differently; so does life.



2018 03-04, 3782 - CHANGEOVER - I noticed that the thin layer of new snow on the stone wall was riddled with pock marks as a changeover was taking place to rain. We often do not notice the changes we make in life at the moment of the change. Often others see it before we do.



2018 03-05, 3783 - MARCH LION ROARS THROUGH THE WOODS - I heard the roar high in the trees and before long saw the evidence of the Lion of March's bite. A large tree had been broken, blocking the road. March has many ups and downs, but life springs forward.



2018 03-06, 3784 - FLURRIES IN THE MOUNTAINS - The stark beauty of the mountains to the north were experiencing snow flurries drifting over and around the peaks creating a striking March scene. Just as every mountain is unique, so is every person one meets on the trail of life.



2018 03-07, 3785 - NEW GROWTH EMERGES - The bark on the birches trees has been split by expanding pressure of new growth emerging from under the old. The wind pulls the unraveling portion free to become note paper for the fairies. It is good to keep growing.



2018 03-08, 3786 - NOTE IN THE BENCH - My wife discovered a note from the fairies tucked into the back of the bench by the Lupine Field. To most people the message remains invisible, but to those who believe, the thoughts are clear.



2018 03-09, 3787 - WELCOME HOME - The forecast sounded foreboding as we planned our journey home. We had been delayed with the cancellation of the ferry and found ourselves following the northeaster up the coast and were welcomed by two feet of snow at home. Nice to be safe.



2018 03-10, 3788 - CALMER SEAS - The Northeaster moved on overnight and seas calmed down, making it possible for us to journey back up to the mountains. I was reminded that when the seas of life are covered with whitecaps, we can find shelter in our hearts until it's time to sail.



2018 03-11, 3789 - COVER UP - Nature has created a massive cover up here in the mountains. It has hidden all the evidence that spring was here by depositing a couple of feet of new snow. One can hardly see the white sap buckets. We often attempt to cover up our natural abilities.



2018 03-12, 3790 - RISING WATER - I know that we have had several extreme high tides on the coast recently, but it was leaving the dock on the ferry that I could see the waters of the ocean rising. We are all part of the environment that surrounds us and lives within us.



2018 03-13, 3791 - PINK MOUNTAINS - The recent snow and the time change created an opportunity for me to observe the creativeness of Nature as she turned the mountains pink at sunrise. There is always an opportunity to see beauty in the vast landscape of life.



2018 03-14, 3792 - WINTER WON'T LET GO - Winter has its icy fingers wrapped around spring. It continues to linger dumping snow over, what was a thawing landscape. As much as I am looking forward to spring, I manage to find something special to celebrate each day.



2018 03-15, 3793 - HEART OF THE STORM - In the heart of the storm I had to make a trip to the store. I wondered if I could get back up our steep driveway, but the studded tires found the traction. It is good to be prepared for the storms of life that sometimes inundate us.



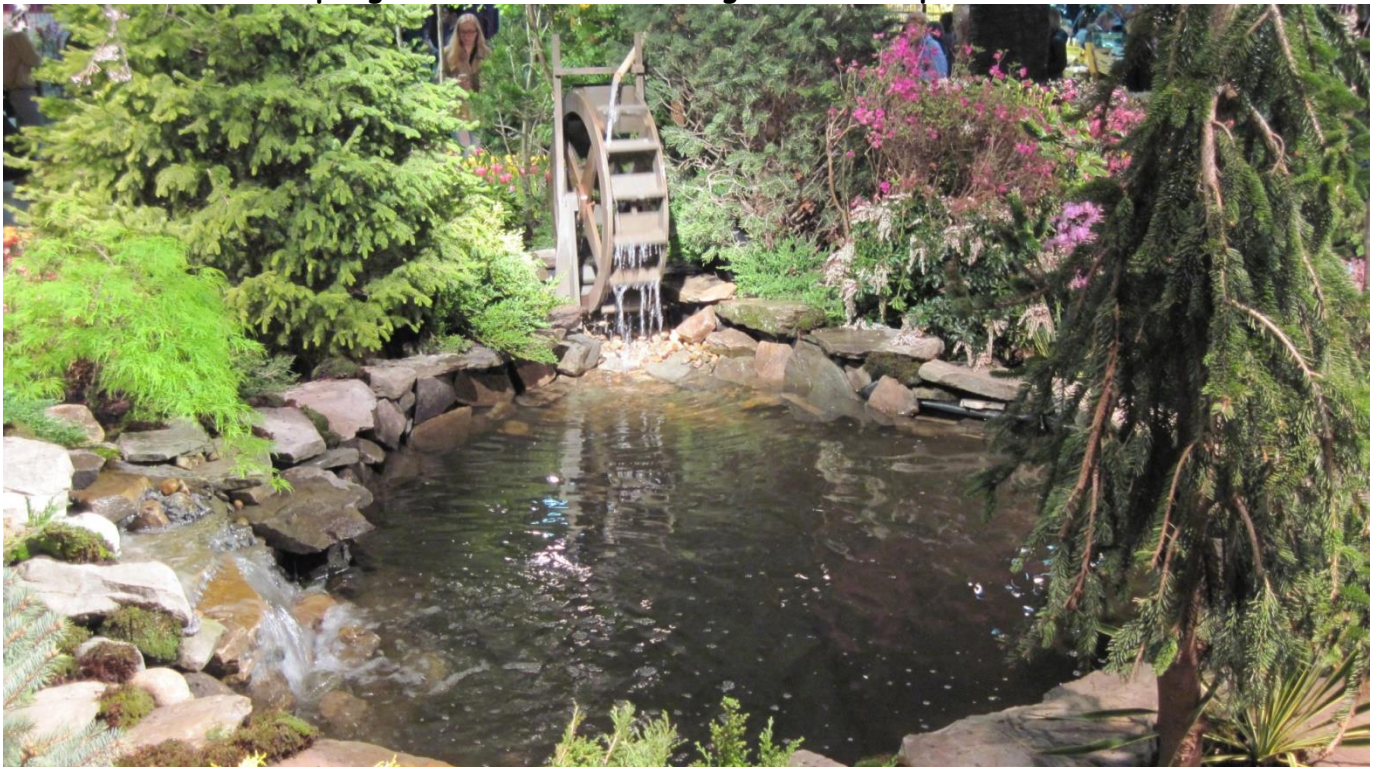
2018 03-16, 3794 - SNOWFLAKES AND OPEN WATER - Ever since I was a child, I have been fascinated with open water, especially when spring is approaching. My mind still sails away and the snowflakes falling help me step into my imagination. The child inside is still playing.



2018 03-17, 3795 - I REMEMBER FEBRUARY - I remember the wonderful hikes to the Lupine Field we had in February. The snow pack had melted to the point of seeing bare ground. Then March came along and changed everything. We have within us the ability to go with the flow.



2018 03-18, 3796 - CREATING AN INDOOR LANDSCAPE - People are always attempting to bring Nature inside their homes, whether it be plants, water sounds, smells, or pictures of the outside. I think we are all attempting to connect to something almost unexplainable.



2018 03-19, 3797 - LATE WINTER BEAUTY - On the last full day of winter, Nature again put on a fabulous display of beauty with an early morning alpine glow. As much as I anticipate spring and summer, this view will be different but still beautiful every day of the year.



2018 03-20, 3798 - SPRING ACCORDING TO THE CALENDAR - The calendar says it's spring. Winter didn't get the memo! The cold hangs on and the crocuses hide. Still, my heart feels the excitement building and it won't be long. Every day of the year is filled with potential!



2018 03-21, 3799 - HALF FROZEN - The little brook that was filled with water from melting snow a few weeks ago is now half frozen again as the seasons cannot make up their minds as to whether it is spring or winter. People either live in fear or love. I choose the season of love all year.



2018 03-22, 3800 - STILL SNOW ON THE TRAIL - There is still a lot of snow on the trails at the Center and snowshoers, skiers, and hikers are taking advantage before the spring melt begins in earnest. Nature can provide great escapes any time of the year, even if just in our minds.



2018 03-23, 3801 - A HEART HUG FROM NATURE - I feel I get a hug from Nature every day, and when I discover the shape of a heart, I know I am getting a heart hug. Heart hugs filled with love are very powerful and my goal is to pass those hugs from Nature to everyone.



2018 03-24, 3802 - ANOTHER GLORIOUS SUNSET - A flash of red in the sky caught my eye so I grabbed the camera and hurried outside to capture another glorious sunset. It is a ritual I have repeated many times and hope to continue. It is a way to be grateful for Nature.



2018 03-25, 3803 - THE BUCKETS ARE FULL - The maple sugaring season was interrupted by the return of winter. Now the buckets are overflowing, having not been emptied for several days. I am reminded of the talent each person has. It flows year-round if it is collected and shared.



2018 03-26, 3804 - LIGHTING THE WAY - I have a special interest in the current crop of teenagers, as I have two grandchildren that age. I have been aware for some time that they are part of a new race of humans that are here to light the way for a future of peace and caring.



2018 03-27, 3805 - BLUE MOUNTAINS - In late winter, early spring, there is an area where I can see the mountain ranges to the east. They often appear to be blue. When the leaves appear, the mountains will disappear. Now is the time to enjoy them.



2018 03-28, 3806 - A LONG MUD SEASON - I thought mud season had started some six weeks ago, but winter came back. Now nature seems ready to try again with a warm sun and longer days. Sometimes life seems to have a long mud season, but warmer days are on their way.



2018 03-29, 3807 - NOT A GOOD PLACE TO HIDE - I noticed a chipmunk poking its head out from on the top of the tire of the car I was about to drive off in. That was not a good place to hide. People try to hide from their gifts and abilities out of fear of failure.



2018 03-30, 3808 - THE SUN AT WORK - The warm sun of late winter has been at work melting the snow on the surface of the Grace Trail. Before long, evidence of new growth will work its way to the surface of the barren ground. It is a time to look forward to the newness of life.



2018 03-31, 3809 - THERE IS HOPE - There is hope that spring is finally here. I have found evidence by the tips of daylilies poking up through the ground. My heart sings with the birds. Then again, regardless of the season, each day begins and ends with positive hope.



2018 04-01, 3810 - THE FACE OF APRIL - The face of April that gazes down on the valley is the snow covered peak of Mount Washington. It will remain white through the spring, creating a background for the changes below. It is a symbol to me of the wisdom inside our souls.



2018 04-02, 3811 - THE UGLY BEAUTY OF SPRING - The landscape is not very beautiful to look at this time of year. In fact, it appears very drab unless one experiences the fresh smells, the sounds of returning birds and the energy of new growth preparing to burst forth.



2018 04-03, 3812 - FINALLY, A CRUST TO WALK ON - When wet snow freezes at night, providing a solid surface, I look forward to early morning walks. When the conditions are right, it is a great adventure. The trick is to know when the conditions get too warm.



2018 04-04, 3813 - WAKING UP AFTER A WINTER SLEEP - I have been looking forward to seeing the half-buried head emerging after a winter sleep. I am not sure if Nature created it or the settlers looking for granite used it in their foundations. It makes no difference; it is awake.



2018 04-05, 3814 - RAISED FOOTPRINTS - A single set of footprints crossing the Lupine Field stood out, the frozen tracks now melting slower than the snow around them. I was reminded that every footprint we place on the land leaves an impression, whether seen or not.



2018 04-06, 3815 - TWO STEPS FORWARD, ONE STEP BACK - Spring is taking its time to arrive; two steps forward and then one step back. Life goes the same way. It is the backward step that can take us off our paths unless we believe in the journey and step forward again.



2018 04-07, 3816 - MUD PUDDLE ART - In the fall and the spring, when the weather dips below freezing at night and warms the next day, Nature creates some beautiful art when the water freezes again. Being aware of the moment helps me see a lot beauty.



2018 04-08, 3817 - READY FOR ASSEMBLY - This may be the year the little meditation hut at the edge of the Grace Trail is finally assembled. All the pieces are spread out or stored and the work was started last fall. All of us have parts and pieces of our lives that are ready to become a reality.



2018 04-09, 3818 - GUARDIAN OF THE VORTEX - There is a place on the mountain where a special energy seems to flow out of the ground. These ancient sites exist all over the world. An old stump nearby looks like a guardian watching over the land. We are all vortexes.



2018 04-10, 3819 - I OFTEN WONDER - There is an old foundation on the land, and I often wonder who lived here. What were their dreams and why did they leave with the work half done? Life is full of mysteries, and each of us has many to investigate.



2018 04-11, 3820 - THE WILL TO SURVIVE - The old beach, broken and battered by an ice storm over twenty years ago, continues to grow silently beside the trail. It is a symbol to all those that pass by of the will to survive. It is important to have positive reasons for living.



2018 04-12, 3821 - TREASURING TRASH - The local dump has some great treasures that others have discarded, just waiting to be given a new life. We keep an eye out for items to use on the land. Recently a lady asked us if we would bring an old wicker loveseat to her place. Delivered!!



2018 04-13, 3822 - READY FOR GREEN LEAVES - I am ready for the green leaves of summer to burst from the buds on the trees on the mountain. I can feel the energy building momentum. It is time to start the projects one has spent the winter dreaming about.



2018 04-14, 3823 - MOSS DOG - From a certain angle I could see the head of a dog in the green moss that covered an old dead log. I wondered if anyone else could see the same, knowing we all perceive things differently. That's what makes life so magical!



2018 04-15, 3824 - DO TREES COMMUNICATE? - In a recent article in the *Smithsonian Magazine* researchers working on tree communication were featured. I wonder if vegetation has an awareness of the life and, if so, how do we learn to understand?



2018 04-16, 3825 - SWIRLING CLOUDS - Sometimes when I think I am taking the right picture for a podcast, I find another one that even works better. Swirling clouds remind me of meditations where, instead of trying to quiet the mind, we let images drift through.



2018 04-17, 3826 - SPRING ROADBLOCKS - It seems as if I have been talking about mud for most of the winter, but here we are in spring and the mud is still causing roadblocks that keep us from driving to certain places. Maybe we are supposed to travel in a different direction.



2018 04-18, 3827 - THE BATTLE OF THE SEASONS CONTINUES - It seems as if the weather has been in complete turmoil lately, locked in a battle between seasons. Even though we do not control the weather outside, we can help our internal self by sending love to each moment.



2018 04-19, 3828 - SPRING SETBACKS - Even though the recent snows may be considered a setback to spring, there is an old belief that spring snows are poor men's fertilizer. Setbacks in life may be a way of creating new resolve and new potentials. It may take time to understand.



2018 04-20, 3829 - CLEANING HOUSE - It is spring cleaning time. Many people are getting ready to open windows and bring in fresh air, as well as clearing away the clutter of the winter. Our son cleaned out the bird houses in the Lupine Field and they are ready for the summer.



2018 04-21, 3830 - HOPE FOR SPRING ANEW - The struggle between pessimism and optimism may finally be over for the moment. Spring seems to be here. That is my hope. Regardless of the season, we always have a choice of how we view life.



2018 04-22, 3831 - SPRING IN PASSAU - We recently visited spring a few weeks before it will arrive here in the valley. It was a beautiful day as we walked along the banks of the INN River. Regardless of the season, life always provides us with something to discover.



2018 04-23, 3832 - A LONG-AWAITED SIGHT - Finally, our small crocuses have blossomed. It is a long-awaited sight that I have been looking forward to all winter. I am grateful these tiny plants bloom against all odds, but I knew their blooms would again brighten the world.



2018 04-24, 3833 - WHEN THERE IS NO BRIDGE - I saw a small ferry carrying cars across the river at a place where the road ended, and there was no bridge. I thought back to a time when there were no bridges and realized that resourceful people always find a way to bridge the gaps.



2018 04-25, 3834 - PUSSY WILLOWS IN BLOOM - Finally spring has sprung. It has been well worth the wait, and when I discovered the pussy willows in bloom, my heart was filled with gratitude for the season at hand. Nature gives us something to discover every day.



2018 04-26, 3835 - HIDING IN THE SHADOWS - On a warm spring day we hiked to the Lupine Field, enjoying the recently exposed bare ground. Still, hiding in the shadows the last remnants of snow lingered. I smiled and knew that they too would soon disappear.



2018 04-27, 3836 - ANY DAY NOW - The spring rains have come, melting most of the snow, and now, with the warmer weather, the trees, grass, and plants are going to burst open with new growth. It is with this optimism that I set my intentions to experience every day of the year.



2018 04-28, 3837 - VIEWING LIFE IN THE WACHAU VALLEY - Recently I had the opportunity to visit the Wachau Valley from the Danube River and I was struck how people adjusted to the landscape several hundred years ago. It gave me a new view.



2018 04-29, 3838 - THE MAPLE TREES ARE IN BLOOM - Another step in the march of Spring's forward movement is the delicate and often unnoticed blooms on the maple trees. Each day now will bring me something new to focus on as I walk my path with gratitude.



2018 04-30, 3839 - SUNSHINE ON A STEM - I have waited patiently as the days grow longer and warmer for what I call "sunshine on a stem" to bloom again. Finally, the daffodils have opened and have joined Nature's spring show. My world is a little bit brighter today.



2018 05-01, 3840 - I CAN ALMOST SMELL THEM - My wife remarked as she discovered the Mayflower buds that she could almost smell them. I look forward to when the flowers open as I do not imagine smells in my mind. That is why each moment becomes an adventure to me.



2018 05-02, 3841 - ON A HAZY SPRING AFTERNOON - On a recent hazy, warm spring afternoon we walked through the Orchard and on to the Lupine Field. I sat on the bench for a short time dreaming of the summer days that lay ahead and celebrating the moment at hand.



2018 05-03, 3842 - WHIMSIES - Sometimes it is good to place man-made works of "art" in outside places to help brighten up the landscape, especially before the growing season gears up for summer. I find that Nature always provides natural whimsies to amuse me.



2018 05-04, 3843 - THREE-TOED SHADOW - My eye was drawn to a shadow that appeared to me to be a large three-toed foot. I smiled and wondered if there was an invisible Big Foot causing the image I saw. Then the sun moved on and I returned to reality with a smile on my face.



2018 05-05, 3844 - GRATITUDE CLUES - As I scanned the ground with my eyes, a heart emerged in the arrangement of stones close to my feet. I had found another clue, one that proved to me that gratitude and love abounds in the presence of the Cosmos.



2018 05-06, 3845 - A TRIBUTE TO THE PAST - I saw a statue on the shore of the Danube that was of a knight from the Middle Ages. I wondered if he could speak, what tales would he tell me of his journeys when he and others visited.



2018 05-07, 3846 - MAGNIFICENT RUINS - Perched high on a jagged rocky peak above the river; the magnificent ruins of a castle still guard the landscape below. It must have taken a long time and much labor to build it hundreds of years ago. Nature has endured many changes.



2018 05-08, 3847 - MULTI-TIERED LANDSCAPE - The steep multi-tiered landscape created many years ago by early settlers of the Wausau Valley looked like giant steps ascending to the height of the ridgeline. It shows how resourceful humans can be when there is a need.



2018 05-09, 3848 - EXPANDING THE SOURCE - The sky seemed to radiate an expanding energy as it flowed from a point on the horizon over my head and beyond. I was reminded how we act as a single point that expands though acts of kindness and unconditional love.



2018 05-10, 3849 - A PUZZLE WAITING TO HAPPEN - The picture I took of a bed of tulips in full spring bloom reminded of a puzzle waiting to happen. My interest is in mind puzzles, where one puts pieces of thoughts together to create a positive image of positive actions.



2018 05-11, 3850 - GREENING UP - The hills have suddenly become alive with green grass and green leaves across the valley. The fresh air and sounds of the birds inspire me to pause with gratitude and feel my passion for life welling up inside.



2018 05-12, 3851 - A BIG VISITOR - I caught a glimpse of shiny black, a couple of hundred feet into the woods, and I watched it move toward the brook where it paused to take a long drink of water. Then the bear sauntered off to nap. We welcome all sizes of animals.



2018 05-13, 3852 - CHAT WITH A BEAR - My wife heard sounds in front of the house and opened the widow to find a small bear climbing a tree. She spoke to it and the bear paused to listen. Viewing wildlife is amazing as long as one realizes that these creatures are wild.



2018 05-14, 3853 - THE LUPINE ARE GROWING - I have an extra incentive to walk to the Lupine Field this time of year. The plants are growing, and it won't be long before the landscape will be filled with beautiful flowers. It is proof that dreams are a reality that is manifesting.



2018 05-15, 3854 - YELLOW WALL - About fifty years ago my parents gave us a selection of shrubs they had ordered from the back of a Parade Magazine. Several years ago I transplanted a dozen or more forsythia from the original one to create a hedge at the Center. Kindness spreads.



2018 05-16, 3855 - THROUGH THE LEAVES - The evening sky caught my eye through the new green growth that now shades the big window from the sun. I spent a moment outside with another one of Nature's sunset spectaculars. My mind slowed down in the stillness.



2018 05-17, 3856 - WILD BEAUTY - My eyes caught the vibrant color of a flowering plant on the side of the orchard road. I paused to photo it and admire its beauty. Nature planted it there, and I am grateful to have been in its presence. All it takes is mindfulness of the moment.



2018 05-18, 3857 - ORCHARD IN SPRING - There is something about the little orchard we saved twenty years ago from being overrun by the forest that brings a sense of calmness every time I visit. Soon the area will be flooded with the smells of apple blossoms. It is peaceful.



2018 05-19, 3858 - OUT OF SEASON - The weathered milkweed seedpod looked out of season in the spring sunshine. Still, there was something about it that caught my eye. It was a piece of Nature's art. I wondered if anyone else noticed besides me.



2018 05-20, 3859 - ASSISTING NATURE - There is a tree along the Marginal Way where the underbrush has been cleared away revealing a bent trunk that looks like the tree may topple at any moment. Someone gave it an assist by providing a brace to hold it upright.



2018 05-21, 3860 - PRETTY ENOUGH TO WEAR - When I first saw this photo of a small water plant I had taken at the frog pond, I thought it was pretty enough to wear. Sometimes we are not aware of what we see in person until we see it again in a photo.



2018 05-22, 3861 - BRIGHTENING UP THE LANDSCAPE - The small brightly colored flowers brighten up our spring landscape. We transplanted them here 25 years ago. I am reminded how each of us can brighten up the landscape by transplanting positive thoughts and actions.



2018 05-23, 3862 - LITTLE PLEASURES - It isn't necessarily the big wowing scenes in Nature that bring a smile to my face, but the tiny flowers that dot the landscape such as bluets, wild strawberry blossoms and various colors of violets. Life is full of little pleasures often missed.



2018 05-24, 3863 - FRAMING THE VIEW - We opened the view through the trees next to the Lupine Field last year, and as we cleared away the underbrush I found a natural picture frame through which I could photograph the mountains. It reminds me of how we frame our lives.



2018 05-25, 3864 - TAKING A SIP - I stalked the butterfly with my camera hoping to catch a photo of it taking a sip of the sweet nectar in the apple blossoms. It did not remain still for long. Then my mind took a deep sip of the peace provided by Nature, leaving me refreshed and grateful.



2018 05-26, 3865 - BLUEBERRIES IN BLOOM - All the fruit trees are in full bloom including both the wild and domestic blueberries. These tiny blossoms are often overlooked due to the much larger displays like the apple trees. Size doesn't matter when it comes to beauty.



2018 05-27, 3866 - EYE CANDY - The photo of the snowball-shaped bloom on a shrub at the Center looked almost good enough to eat. It reminded me that Nature's landscape is filled with sweet treats for my eyes all year round. All I need to do is take the time to look.



2018 05-28, 3867 - MEMORIES OF MEMORIAL DAYS PAST - Lilacs evoke memories of Memorial Day observances after my father returned from serving in World War Two. I marched to the cemetery carrying a flag to decorate a veteran's grave and lilacs were cast into the lake.



2018 05-29, 3868 - VELVET LADY - The reddish lady slipper stood out among the pink ones growing in the partly shaded woods on the mountainside. It appeared to be clothed in velvet as it grew in this peaceful setting. I felt privileged to be in its royal presence.



2018 05-30, 3869 - PLANTED BY THE BIRDS - The small honeysuckle bush adorned with white blossoms in the corner of the orchard was probably planted by birds. I think of our positive thoughts and actions planted randomly that help spread similar actions.



2018 05-31, 3870 - HIDING UNDER ITS LEAVES - I had to bend down to find Jack's face hiding under its own giant broad leaves. Jack is an old friend that comes to visit every year, growing under a pear tree. It feels good to renew an old friendship.



2018 06-01, 3871 - TINY PEARS - The blossoms on the pear trees have floated away in the wind, the insects have done their pollinating, and now tiny pears are growing. It is a time for the ideas in our minds to begin their growth, just as the pears on their way to be harvested.



2018 06-02, 3872 - DESIGNED BY NATURE - The many different, colorful, beautiful flowers all have custom designs created by Nature. Each one of us has been designed by the Cosmos and, like the flowers, we all have a uniqueness that can enhance the landscape of life.



2018 06-03, 3873 - A GOOD YEAR FOR THE RHODIES - It has been a great spring for the rhododendrons at the Center. The pink blossoms shine especially bright in contrast to the woods in the background. If we didn't keep the surrounding growth under control it would disappear.



2018 06-04, 3874 - COLORFUL SURPRISE - My eyes caught a splash of pinkish orange as I drove into the Center's parking lot. Many years ago I had moved an azalea there and it had never grown much until this year. I am grateful that it survived. We all have surprises in us.



2018 06-05, 3875 - THE FIRST LUPINE - The first lupine blossoms of the season are beginning to open. I will enjoy a visual feast over the next few weeks of this beautiful flower blending with the majestic mountains in the background. Nature always has something to contemplate.



2018 06-06, 3876 - READY FOR A ROYAL WEDDING - The Bridal Wreath is dressed up in its whitest blossoms ready for a royal wedding. This old-fashioned shrub is a reminder of days gone by as well as dream realities of the future.



2018 06-07, 3877 - A NEW DISCOVERY - A small flash of a deep blue caught my eye as I walked the trail along the top of the Lupine Field. It was a flower I had not seen before. I love to discover something new in Nature as I do in all aspects of my life every day.



2018 06-08, 3878 - PRETTY ENOUGH TO TAKE A BITE - The single white Iris looked like a vanilla ice cream cone ready for a bite although I knew it was not edible. I feasted on its beauty and inhaled the image for spiritual nourishment provided by Nature.



2018 06-09, 3879 - FLOWERS IN THE FIELD - There is a circle of wildflowers that bloom in the same place year after year in the field where the apple trees grow. I love being greeted by my old friends in Nature. They will be there until the fall frost. I am grateful for that.



2018 06-10, 3880 - CLOSE TO THE WOODS - This year the biggest lupine blossoms are located on the newer portion of the field close to the woods. We walked along the edge to get a closer look. The landscape of life is constantly changing, but there is always beauty to find.



2018 06-11, 3881 - RECHARGING CENTER - We recently discovered a small flat boulder with quartz crystals in its surface. I thought of modern electronic recharging centers and ancient crystal healing centers and knew this was a place to renew my soul's energy.



2018 06-12, 3882 - ANOTHER COLOR - I love to see the different colors in like-kinds of flowers, such as the deep red columbine growing in a garden at the Center. I am reminded that we all are made up of different colors, sizes, and abilities. That fades when we blend positively together.



2018 06-13, 3883 - A WELCOME SIGHT - We were greeted by a welcome sight as we stood at the edge of the Lupine Field. There was a bird on top of one of the birdhouses installed there last year. It was a bluebird. I am grateful that our "field of dreams" is now a manifest reality.



2018 06-14, 3884 - THE FLAGS ARE FLYING - The flags are flying proudly in the June winds. The Blue and Yellow Flag flowers are in full bloom. It is a wonderful time to take a moment or two and appreciate the vast beauty that Nature gives us.



2018 06-15, 3885 - THE BEGINNING OF THE LILY PARADE - The yellow daylilies are now in bloom. They announce the beginning of different colored lilies that will last the whole growing season. A day without seeing a lily is a day that will not be replicated again.



2018 06-16, 3886 - LUPINES AND MOUNTAINS - There is something very magical in observing lupine blooms with a mountain backdrop. I look forward to this wonderful experience all year long, I breathe in the sky and the earth as my heart sings a song of gratitude.



2018 06-17, 3887 - YELLOW AND BROWN IRIS - I love the color combinations that Nature puts together all year round and especially during the growing season when flowers become art exhibits. It is true of the yellow and brown Iris. There is so much to appreciate all around us.



2018 06-18, 3888 - CHECKERBERRIES - I remember, as a child, picking and eating checkerberries that grew wild in nature. I think of old-fashioned flavors like birch beer, Moxie, and checkerberry tea. Then there is old fashioned kindness and thoughtfulness.



2018 06-19, 3889 - WILD VINES - The wild bindweed that grows seemingly out of control at the edge of the Lupine Field has taken over the pole for a bluebird house. Our thoughts are sort of like wild vines that can take over our critical thinking unless we learn how to cut them back.



2018 06-20, 3890 - SOMETHING MISSING - Someone told me they thought that the old dead pine that had stood proudly at the edge of the Lupine Field had fallen over. It must have been gone for a couple of months and we didn't notice it. Things disappear in life the same way.



2018 06-21, 3891 - HONORING AN OLD TREE - We are not sure exactly when the old dead tree fell to the ground, but it was sometime after March 1st. It was a couple of months before we realized it. Now we honor the memory through many photos - a part of Nature that has changed.



2018 06-22, 3892 - FAMILY PORTRAIT - I wanted to put together a family portrait of the columbines I have been enjoying this year, so I choice individual photos to group together. Just like human families that look more or less alike, each flower is unique and different.



2018 06-23, 3893 - BLACKBERRY BLOOMS - The small white delicate flowers on the blackberry and raspberry vines are easy to overlook with all the other blossoms vying for pollinators' attention. Still, they are a very important part of Nature as food for birds, animals, and the soul.



2018 06-24, 3894 - ANOTHER SUMMER BEAUTY IS BACK - Another summer beauty has returned to grace the landscape. The Cone Flowers pop up here and there and are a delight to focus on for a moment or two. I wonder how many people pass by the beauty that surrounds us.



2018 06-25, 3895 - THE FOXES ARE BACK - I discovered the first Fox Glove of the season, not yet full with flowers. It was a sign of more beauty to unfold on the landscape that I so enjoy. It is with gratitude I attempt to reflect to others the joys of connecting with Nature.



2018 06-26, 3896 - HIDING BEHIND A LEAF - I caught a glimpse of brown movement in the lower Lupine Field close to the woods. It was a rabbit munching on the grass. I took a picture as it hid behind a leaf. I felt very grateful that nature shared this special moment with me.



2018 06-27, 3897 - DESSERT IS READY - Nature has set the table and the wild strawberries are ready to enjoy. They are a sweet treat for both man and birds and animals in the wild. All one needs to do is bend over and pick. Nature provides so much nourishment for our souls.



2018 06-28, 3898 - FROM NUT TO TREE - The acorn fell from an oak tree last fall and over the winter split open and rooted in the soft spring soil. Now a miniature tree has emerged that over time may become a giant in the forest. When we sow positivity, we are like an oak tree.



2018 06-29, 3899 - TAKING IT ALL IN - The summer afternoon was filled with magic as I sat on the bench at the top of the Lupine Field. The clouds drifted by as I watched swallows plucking insects out of the air to feed their young. I felt renewed as I began my journey back.



2018 06-30, 3900 - BOATS AND ROSES - We drove down to Rockland on our anniversary and walked the waterfront admiring the boats of all sizes and the beautiful roses in full bloom. It was a tranquil experience filled with the wonderment of the adventures yet to unfold.



2018 07-01, 3901 - A FIELD OF FLOWERS - The lupines have faded but the field is still filled with wildflower blooms from several varieties. They provide an ever changing palette of inviting summer colors. I am reminded that life is always a field of flowers, no matter what the season.



2018 07-02, 3902 - AN OLD FASHIONED ROSE - We are in the middle of an old fashioned summer with a heat wave, and an old fashioned rose given to us by my sister many years ago is blooming in the garden. It is now our chance to create new old fashioned traditions.



2018 07-03, 3903 - THROUGH THE HAZE - A summer Haze has engulfed the mountains, and it is just possible to make out their outlines across the valley. Even in these conditions, my clarity comes from walking the land and reaching to the sky.



2018 07-04, 3904 - CELEBRATING WITH ORANGE LILIES - On a day which is traditionally red, white, and blue, I am celebrating with the orange color of daylilies that decorate the flower gardens and roadsides. They are traditionally a sign of summer, and I welcome them.



2018 07-05, 3905 - A DIFFERENT KIND OF LILY - I love following the parade of lilies as it stretches throughout the length of summer and different kinds of lilies touch special memories of younger days. Water lilies always bring a smile to my face as I inhale their sweet smell.



2018 07-06, 3906 - BUTTERFLY FOOD - The delicate milkweed are in full bloom in the orchard, and I love to watch the butterflies flit around, tasting the sweet nectar. I feel spiritually nourished when I mentally sip the beauty that surrounds me.



2018 07-07, 3907 - RAIN DROPS AND SUMMER - There is something about a rainy day in summer. It often changes our plans, and if we let that upset us, we may miss the new opportunities that Nature has provided. Each day has nourishment for our souls.



2018 07-08, 3908 - PEEK-A-BOO - I watched a chipmunk scurry under the tall grass from one hiding place to another and then back again as if it was playing peek-a-boo. I was reminded of all the thoughts in our conscious and unconscious minds that we play peek at.



2018 07-09, 3909 - BLACK AND BLUE - I watched a bluebird perched on the roof of a birdhouse in the far end of the Lupine Field. It took flight and landed on a branch not far away from me. I saw its silhouette in the shade. Then it landed in sunlight and I saw its real beauty.



2018 07-10, 3910 - A BIG TREAT - We sat on the bench at the top of the Lupine Field, pausing on our morning hike, and watched a bluebird find a big treat in in the tall grass. It posed for a picture before flying off. Nature provides us with big treats every day.



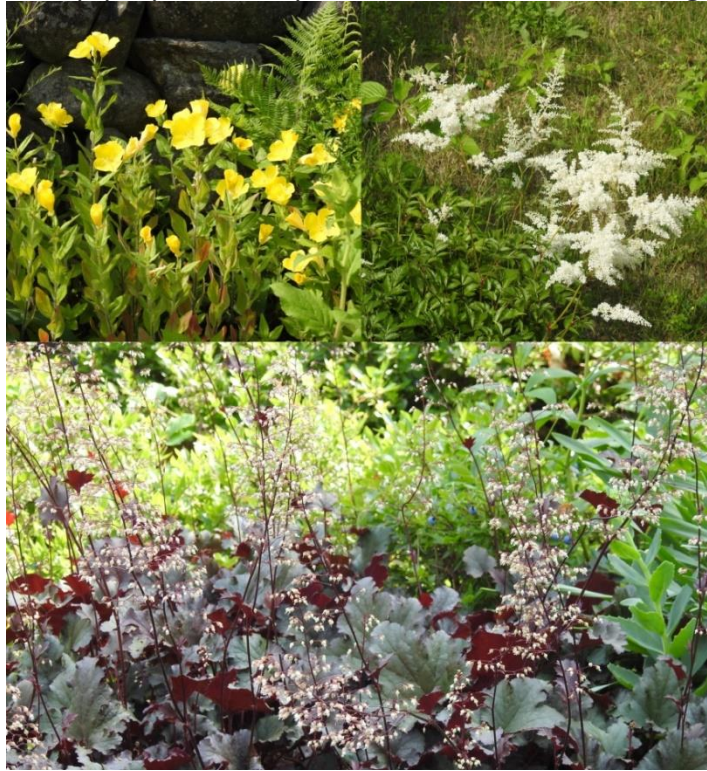
2018 07-11, 3911 - A YEARLY GIFT - The summer after my wife's father passed, twenty-four years ago, a tiny wild rose sprouted in an unusual place and continues to bloom each year. It is a reminder of the souls that travel with us as we travel the earth plane.



2018 07-12, 3912 - A GROWING BROOD - A summer favorite of my childhood was a plant that grew shoots that took root and created new baby plants that grew and they sent out shoots. I am reminded of when we do acts of kindness and positive thoughts they grow like that plant.



2018 07-13, 3913 - SUMMER DELIGHTS - It is the season of summer delights. There are lines at ice cream shops, and the beaches are full. There are also flowers in bloom that provide nourishment for the soul. Many people share photos of flowers that bring delightful smiles.



2018 07-14, 3914 - THE GREAT RACE - Today I honor the memory of brother-in-law Bruce Glines by telling a true story about when he was recovering from cancer and unable to attend his favorite stock car race and how he was presented a flag of the winner.



2018 07-15, 3915 - MORE LILIES - As the parade of lilies continues, I find more old friends with unique colors in bloom. Sometimes when I am in a hurry I have to remind myself that it is time to pause and take in the beauty surrounding me. My thoughts slow down and life blooms.



2018 07-16, 3916 - ANGEL REMINDERS - There are people who believe that they are watched over by angels, and there are those that don't. Each individual has a choice. I personally am fascinated by signs such as dragonflies, animals, or found pennies that just appear.



2018 07-17, 3917 - A NEW FIND IN THE FIELD - A friend told me they had seen an orange lily on top of the mountain. I searched the area, and there in the middle of the field was a wild wood-lily. It could have been overlooked, if I had not been mindful.



2018 07-18, 3918 - BEAUTIFUL BROWN EYES - I became aware that I was being watched as I walked beside the Lupine Field. As I investigated, I saw a group of Brown Eyed Susans dancing in the breeze, and I knew they had focused on me. I moved closer to gaze into their eyes.



2018 07-19, 3919 - LIKING THEIR MOVE - A few years ago I moved three pink spirea plants to the Center and now they are growing tall, liking their move. Taking the risk of transplanting oneself or actions that can benefit others helps us share our blessings.



2018 07-20, 3920 - ANOTHER TRANSPLANT - A few years ago I transplanted about ten hydrangeas to the Center and now white blooms grace the edge of the lawn near Barbara's Garden. Most of us are transplants, and like the flowers we bring beauty to wherever we go.



2018 07-21, 3921 - ONE OF MY FAVORITE WAYS TO MEDITATE - As I sat on a bench looking out at the orchard and my Bobcat-with-mowing-machine-attached, I realized that cutting the grass was one of my favorite ways to meditate. It really is heartfelt gratitude.



2018 07-22, 3922 - THE SEASON MOVES ALONG - The summer season is now more than half gone. It seems as if we wait through the long winter to get a short glimpse of the weather we dream about. Each day of every season is an opportunity if we are mindful of it.



2018 07-23, 3923 - JUST OUT OF THE NEST - I saw movement at the base of a large maple tree and upon further investigation realized that there was a tiny bird clinging to the bark. It must have just taken flight. Our positive thoughts and actions take flight every day if we let go of fear.



2018 07-24, 3924 - THE LILIES JUST KEEP ON BLOOMING - It seems as if my whole focus this summer has been on lilies although my attempt is to be mindful each day of all the beauty surrounding me. There is always something new to discover, even in the lilies.



2018 07-25, 3925 - NATURE PROVIDES A DRINK OF WATER - It has been a hot dry summer, and fortunately Nature has provided a lingering drink of water for the earth over the past few days. It is also a great time for humans to pause for a moment and refresh their souls.



2018 07-26, 3926 - MANY SHADES OF GREEN IN HOSTA LEAVES - When I photographed the leaves of a Hosta plant, I wondered how many shades of green were in the leaves. There are so many different shades in life for us to discover.



2018 07-27, 3927 - A MOMENT OF SILENCE - I walked on the soft rain-soaked ground to the Lupine Field and gazed across the valley. The mountains in the distance were covered with clouds. I stood alone in silence, finding peace from within from the busy world below.



2018 07-28, 3928 - KISSING COUSINS - Two flowers that are related but one is wild and the other is cultivated are Queen Ann's lace and Yarrow. The white wild blooms have spread in the Lupine Field. I am reminded how we may be related to unrelated people.



2018 07-29, 3929 - FILLED WITH LIFE - The little "frog" pond at the Center is filled with life. Besides frogs there are several varieties of water plants that create a peaceful focus for visitors to the grounds. Some minds are filled with life while others remain stagnant.



2018 07-30, 3930 - NATURE'S INVESTMENT IN THE FUTURE - A single Lupine plant produces many seeds that will provide new growth in future years. Nature can often heal what man ravages. Man can help by sowing seeds of gratitude and kindness, investing in the future.



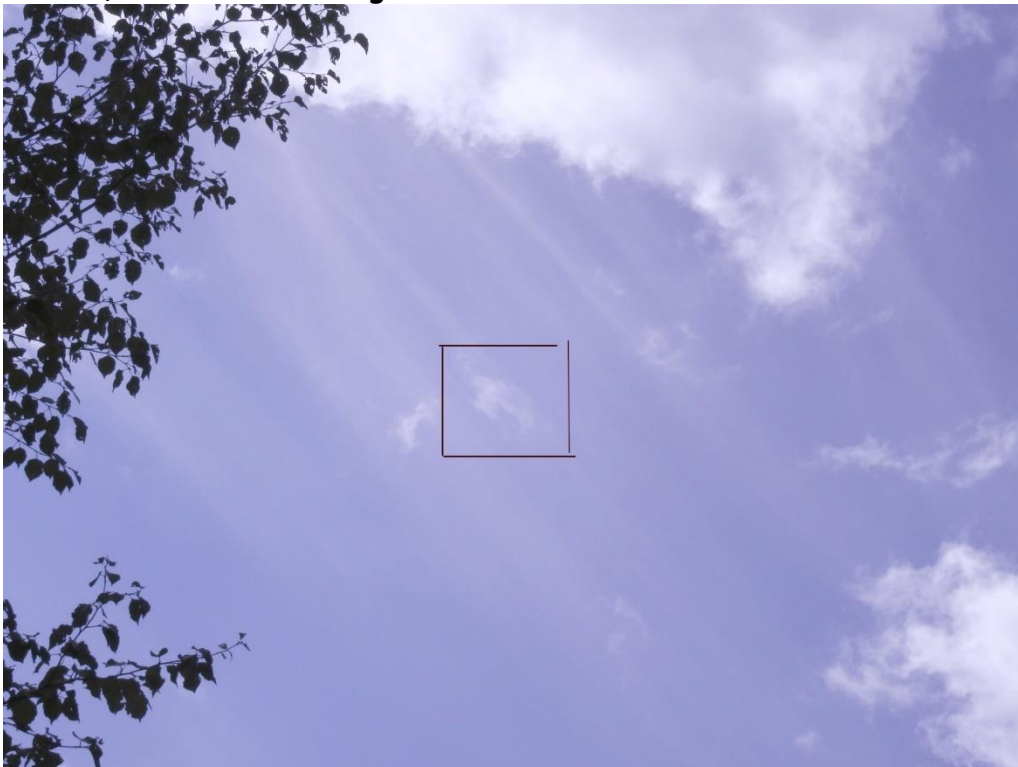
2018 07-31, 3931 - PROMISE FOR THE FUTURE - The partially grown green apples in the orchard show promise for a future harvest in the fall. Right now, I am already beginning to imagine the smell of a hot apple pie. Dreams become realities when we focus on their potentials.



2018 08-01, 3932 - SHOWING THE WAY - A large hawk swooped over our truck as we drove the old road to the orchard. It landed on a limb and waited for us to catch up and then was off again. I wondered who had brought the hawk to affirm we were on the right path of life.



2018 08-02, 3933 - AN ANGEL IN THE SKY - As I gazed at the sky, as I often do, I decided to photograph what I saw. On further inspection it appeared as if an angel was looking down over the landscape. To me, it was another sign that we are not alone on earth.



2018 08-03, 3934 - FACES IN THE FUNGUS - With the recent rain and humid warm weather, the forest is alive with many shapes, sizes, and colors of fungus. I discovered one red group filled with faces. I wonder if it is my eyes alone that sees the often unseen in Nature.



2018 08-04, 3935 - ANOTHER SIGN OF LOVE - It seems as though lately I have been seeing many signs of love in Nature. I wonder if this is just my imagination or is it when I breathe in and out the Cosmos's love that it is what is coming back to me. Actually, I know which it is.



2018 08-05, 3936 - ALIENS AMONG US - I saw an insect that I had never seen before. It looked alien as I didn't know or understand anything about it. I thought of all the things that we don't understand on earth that we know nothing about.



2018 08-06, 3937 - GROWING WILD - I have enjoyed discovering the different wildflowers that grow in the Lupine Field. Some we may have planted, and some may have found their way there on the wind. Life is like the field. We choose to work with Nature rather than control it.



2018 08-07, 3938 - DOUBLE ORANGE - The parade of daylilies continues and we now are enjoying blooms of the double orange plants. I first discovered them growing at the Center in the old gardens and have transplanted some to our house. Life is such a blend of many different ingredients.



2018 08-08, 3939 - AUGUST GOLD - The goldenrod is now in bloom. They are a bittersweet reminder that we are in the last full month of summer. Observed on a cloudy day or when the sun is going down, they brighten the landscape for those who are paying attention.



2018 08-09, 3940 - A PLACE TO CONTEMPLATE - Half way up the Robbin's Way Trail, there is a large flat boulder that was placed beside an old hemlock tree when the path to the top of the mountain was worked on. It is a place to rest and contemplate, surrounded by the wise forest.



2018 08-10, 3941 - A BEAR SAMPLING A PEAR - I spotted the yearling black bear wandering through our small fruit trees, and, as I watched, it paused by the old pear tree, stood on its hind legs and sampled some of the fruit. I was grateful to have the opportunity to watch and learn.



2018 08-11, 3942 - A FROG IN THE POND - As I passed by the small pond at the Center, I remembered that I had not taken the time this year to spot a frog. I scanned the surface saw one half submerged in the water. I felt refreshed as I paused to appreciate.



2018 08-12, 3943 - TO BEE OR NOT TO BEE - The bright red blossom of a single beebalm plant caught my eye. Sometimes we have several of them, sometimes less. I thought of when the forest soil is disturbed and plants spring back to life. The same is true with positive actions.



2018 08-13, 3944 - LATE YELLOWS - The last of the yellow lilies are now in bloom as the parade marches through August. I have had the pleasure of observing several varieties of yellow daylilies throughout the season. My goal is to celebrate their beauty on a daily basis all year.



2018 08-14, 3945 - A GREAT YEAR FOR PHLOX - This has been a good summer so far for the tall flowering phlox that grace our flower gardens. There has been plenty of moisture to help sustain them. Positive thoughts and beliefs can help sustain us during dry times in life.



2018 08-15, 3946 - A JOURNEY THROUGH THE WOODS - There is nothing like a short journey through the woods to help bring your senses alive. There are many sights, sounds, and smells to discover. It gives your mind the opportunity to focus on the moment.



2018 08-16, 3947 - GRASSING IN - Last fall I cleared a small patch of land next to the Lupine Field as best as I could with the old tractor. It looked raw this spring, and now it has begun to grass in. Nature is healing the scars, as it does with time with humans.



2018 08-17, 3948 - UNDERSTATED BEAUTY- The small blossoms on the large leaved Hosta plants can easily go un-noticed as one walks by the flower garden. There are people who have understated inner beauty that can take a moment of focusing on them to find it.



2018 08-18, 3949 - AUGUST AFTERNOONS - Now that the summer obligations have slowed down a bit, when the opportunity arises, we escape up the mountain to sit on a bench and connect to the peace and quiet.



2018 08-19, 3950 - SAVING THE BEST FOR LAST - The last of the daylilies are now in bloom, and I think their lavender flowers are the best of the summer. Sometimes when we try to save the best for last, we miss the moments when they are their best. I just enjoy each moment.



2018 08-20, 3951 - FINDING AN OLD FRIEND IN A NEW PLACE - I discovered a flower growing in the Lupine Field that I had recently been thinking about. I had not seen many of them in our flower gardens this year. There it was in a new place. Discovery is part of life.



2018 08-21, 3952 - JOINING OF THE SEASONS - The lupines have long since ceased to flower and their dry seedpods blend in with the wildflowers that bloom in August, joining the past, future and present together. Life is just that, the past, the future and the present joined together.



2018 08-22, 3953 - GOING BIG - The largest flowers in the gardens at the Center are from the hibiscus. Their giant blooms create a flashy red show, mid-August. The roots of the hibiscus help sustain it over the year. When people go big, it is wise to have deep spiritual roots.



2018 08-23, 3954 - LOOKING BACK AT ME - I took a picture of a small white mushroom and saw that there was a tiny face staring back at me. I wondered if I was always being watched when out in Nature, and I concluded that life is a lot more than I am consciously aware of.



2018 08-24, 3955 - MANY COLORS AND SHAPES - The diverse landscape here in the foothills of the White Mountains is made up of many colors and shapes. It is the blend that makes it unique. The same is true when humans embrace the many colors and shapes of life.



2018 08-25, 3956 - ESCAPE - People seek to escape the stresses of life in many ways, some healthy and some not. Nature can provide a very positive escape where one is free to let their mind soar into the vastness of the Cosmos. We often escape to the bench at the Lupine Field.



2018 08-26, 3957 - SMALL FLOWER WITH A BIG PRESENCE - A large patch of small white wildflowers in the orchard created a big presence when viewed from a distance. Single small acts of kindness when combined with others create a big presence in life.



2018 08-27, 3958 - A DRAGONFLY CATCHING SOME RAYS - I caught a reflection of the morning sun off the wings of a dragonfly catching warming rays. I took several pictures and discovered there was a hole in one of its wings. It was still perfect in my mind.



2018 08-28, 3959 - BLUE BOUQUET - There is a blue bouquet in the garden by the cabin near the orchard that looks like it should be the center of a floral arrangement on table set for a feast. My eyes feasted on what I was observing, framing it in my mind's eye.



2018 08-29, 3960 - SUMMER IS FADING - You can see it in the field and you can see it in the leaves of the trees. Summer is fading and soon it will be meteorological fall. Still, there is a lot of beauty to take in and soon the brilliance of fall will be upon us.



2018 08-30, 3961 - STOP, LOOK, AND LISTEN - The bear that crossed the busy highway from our driveway could have paid better attention. It just made a run for it and somehow avoided the traffic. It is always good to stop, look, and listen in life.



2018 08-31, 3962 - SUNNY RAIN - It was a hot afternoon and thunderstorms were in the forecast. When I glanced out the window I saw a hard rain coming down in bright sunlight. I was struck by the contrasts and noted that life can offer many views within a fleeting moment.



2018 09-01, 3963 - CONSTANT CHANGE - We are constantly changing the landscape of the Center. Recently we have focused on an area close to the end of the Grace Trail. Life is a constant change, and each positive action that one takes makes a difference in the landscape.



2018 09-02, 3964 - HIDDEN ENERGY - There is a lot of quartz hidden just below the surface on the mountain. Every once in a while, I will find basketball sized quartz-filled rock. I am grateful for this energy that many people do not realize is there, other than a positive feeling.



2018 09-03, 3965 - VIEW FROM UNDER THE PEAR TREE - Because there has been so much wildlife interested in our fruit trees this year, my wife moved a game camera to the trunk of a pear tree. A beautiful view was captured that reminded me that we all see things differently.



2018 09-04, 3966 - CHANGEOVER - The calendar has changed its page and the transition season has begun. The first hints of autumn colors are now visible, and the cooler nights help spark thoughts of fall and winter projects put off by the warm summer weather.



2018 09-05, 3967 - LATE SUMMER SIP - I drove along the lower edge of the Lupine Field where the rough ground and thick grass made it impossible for the mower to cut. I saw a beautiful butterfly sipping sweet nectar as it prepared for a long flight south. I felt gratitude.



2018 09-06, 3968 - SIXTEEN ROD JOG - There is a section of Robbins Way where an inner boundary line is marked with a stone wall that the deed calls "sixteen rod jog". I am reminded that when we have special names for special places in Nature, they can help us reconnect again.



2018 09-07, 3969 - WHERE THE GOLDENROD GROWS TALL - There is a place at the foot of the Lupine Field where the goldenrod grows tall enough to look like bushes. Other places where the soil is thin, the growth is stunted - like the landscape of life.



2018 09-08, 3970 - THE LIVING EARTH - I am constantly amazed at the different types of growth that make up the living earth. I wonder if other places in the Cosmos have experienced or will experience the same. To me it is a wonderful mystery of learning what life is really all about.



2018 09-09, 3971 - VISITING THE VIEW FOR THE FIRST TIME - I recently had the opportunity to show a student from years ago the views from the mountain for the first time. Then again, it is always like the first time for me with something new and wondrous to discover.



2018 09-10, 3972 - BLUE HORIZON - I have special memories of the first time we traveled north toward the White Mountains many years ago and I first saw the blue mountains on the horizon. Now I see the same view from the mountain where we settled, and I can expand my soul to the vastness beyond.



2018 09-11, 3973 - GRACEFUL FLOWERS - Earlier this summer, one of the Center Members planted some perennial flowers in the planter at the beginning of the Grace Trail. Now these graceful plants have beautiful flowers that may touch the lives of those that walk by.



2018 09-12, 3974 - OLD TOM - I watched a pair of large old Tom turkeys grubbing for food on our freshly mowed lawn. I thought back to a time when I longed to see this bird here in New Hampshire. I wondered what stories Old Tom could tell as well as old people's tales.



2018 09-13, 3975 - BEFORE THE LEAVES CHANGE - I wanted to capture one more photo before the leaves began their change into their autumn colors to remind me of the summer just past. Once the movement begins, we can all embrace positive changes in all part of our lives.



2018 09-14, 3976 - CAN YOU HEAR THE BEAR HOLLERING? - The original title of this podcast was Copper Peak, but as I recorded the message I captured two bear hollers that were close to the house. You never know when wildlife wants to add their voices to the podcasts.



2018 09-15, 3977 - TOO MUCH TO BEAR - The bears have been enjoying the apples and pears this year. I discovered a broken limb on an apple tree in the orchard. A bear had climbed up to get the fruit. People often feel like life is too much to bear, but we have Belief to help us.



2018 09-16, 3978 - HARD TO SEE - I caught a little movement out of the corner of my eye as I walked a trail and discovered a tiny toad almost impossible to see. I paused, photographed it, and went on my way with a smile, feeling grateful for this brief encounter.



2018 09-17, 3979 - JUST ENOUGH FOR A TASTE - I had forgotten about the old plum tree that hardly ever bears fruit. When I took photos of surrounding trees, I discover one ripe plum. It was just enough for a taste to remind me of what Nature can provide for us.



2018 09-18, 3980 - THE TINIEST APPLES - The crab apple tree has some of the tiniest apples I have ever seen. The birds are about the only ones that notice the little fruit. There are people who have abilities that go unnoticed because they are not the flashy ones. They are often special.



2018 09-19, 3981 - READY FOR LAUNCH - We have had the playground tower for many years, as well as the bell for it. Now as the meditation hut is nearing completion we are ready to launch the tower to an upright position. Sometimes it takes a while to use our parts and pieces.



2018 09-20, 3982 - DANGER IN THE WOODS - I saw a large dangling trunk of a tree caught up in the branches close to it, just a few feet off the trail. It was a danger to anyone who ventured too close. I was reminded that it is always good to be vigilant when walking our paths.



2018 09-21, 3983 - EMERALD MOSS ON WHITE QUARTZ - The bright green moss covering a chunk of white quartz stood out in the forest landscape. It was as if I had discovered a hidden treasure, and in fact I had. I carried it with me in my heart.



2018 09-22, 3984 - SEED BLOOMS - I discovered a group of tall white flowers growing at the edge of the clearing. Upon investigation I found that it was seeds creating the image of flowers. I knew soon that the wind would scatter them, so I took a picture to hold in my mind.



2018 09-23, 3985 - MUM'S THE WORD - The old saying "mum's the word" seems to imply that one should not share something they know. Mum flowers are the opposite. They shout out the beauty of the season for all to appreciate. Hard to keep a secret like that.



2018 09-24, 3986 - GLOBAL WEB - The spider web appeared to be shaped like a round globe, and I thought of the world wide web known as the internet and how we are instantly connected to almost anything we want to know. There is another web connected through the mind.



2018 09-25, 3987 - LAUNCHING THE TOWER - Finally, after more than a dozen years, the tower has been launched and now stands upright waiting for its bell. I love to connect with nature's landscape by assembling parts and pieces from the past to give them a new life.



2018 09-26, 3988 - FALL FAVORITE - One of my favorite fall plants is the Stonecrop, with its pink blooms that will last through the season. After the leaves fade, a touch of color brightens the days before the snow flies. There is always something that adds beauty to life.



2018 09-27, 3989 - PIECES OF A DREAM - In my mind I dreamed of creating a new planter near Jan's memory bench. I knew where there were flat rocks to build a retaining wall. I gathered some from an old quarry and the dream that was real in my mind manifested.



2018 09-28, 3990 - SEEING RED - "Seeing red" can have more than one meaning from immersed in anger to filled with passion. In this case I observed a beautiful peaceful scene that was totally red from the sky to the sea. I was filled with wonder at the beauty of Nature.



2018 09-29, 3991 - UP FOR AIR - I watched a seal surface for air close to the shore on Cape Cod and then resume its dive in quest of food. I was reminded that we all need to pause and breathe when we need air. Sometimes we forget, causing our minds to race and our bodies to tense.



2018 09-30, 3992 - SEASONAL CHANGES - The brilliant red leaves of a maple tree stood out against the green foliage in the background. Seasonal changes are taking place, and soon a wave of fall colors will overtake the hills and mountains. Today I celebrate the seasonal changes.



2018 10-01, 3993 - THE BEAUTY OF FALL - Now is the time to take in the beauty of fall, from little arrangements to vast landscapes. It is a chance to be rejuvenated through Nature, mentally, physically, and spiritually.



2018 10-02, 3994 - A GREAT PLACE TO WATCH OCTOBER - The evening of the last day of September I walked to the clearing and was struck by the beauty that surrounded me. It is a great place to watch October as the season progresses. Any place can have the same benefit.



2018 10-03, 3995 - GRAY SEA - I watched the sailboat pass by the light house on the way to a safe port before the storm arrived. I thought back to a time when I had sailed on a friend's boat into the same port. I was reminded how life is very similar to navigating the sea.



2018 10-04, 3996 - FLOWERS STILL BLOOMING - The last of the flowers are still blooming in the field as frost has not yet spread its icy fingers across the landscape. I love to see these tiny splashes of color. It brings a smile to my face and gratitude to my heart.



2018 10-05, 3997 - A HOME FOR THE WINTER - I recently discovered a very large "den" at the back of a big mound of dirt close to the cabin near the orchard. I think it is a bear that may have used it in the past or is preparing it for this winter. I am giving it distance just in case.



2018 10-06, 3998 - SMILE FOR THE CAMERA - One of our game cameras captured a close-up of the head of a deer feeding on pears. I smiled at the photo and realized that I am the one who smiles through the camera as I attempt to capture the beauty of Nature.



2018 10-07, 3999 - PERFECT LIGHT - Once in a while I find the perfect light when I am taking pictures of Nature. I capture as many as I can at that time and then I have them to look back on. Still, I have come to believe that whatever light there is at the time is perfect, the light of love.



2018 10-08, 4000 - SCATTERING THE SEEDS - On this 4000th podcast of "Message From the Mountain" I thought back to all the gratitude I have felt reflecting about what Nature has given me as I attempt to scatter the seeds for others to spread.



2018 10-09, 4001 - TAKE TIME FOR THE MOMENT - Now is the time to take in the moments of fall. Soon they will have faded away. I have learned that I do not remember moments visually, so I take as many pictures as possible to bring back the feeling of being there.



2018 10-10, 4002 - HIGH OVER HEAD - We didn't see the wasps build a nest high over head in a tree we often pass by until someone pointed it out. It reminded me that a lot goes unnoticed in Nature, just as it does in life.



2018 10-11, 4003 - FALL MAGIC - There are so many things about fall that are magical: the colors, the cooling temperatures, and especially the aroma of apple pies baking. Many of us miss the little magic of change that is right in front of us. Magic and gratitude go together.



2018 10-12, 4004 - LAVENDER SKY - The evening sky went through constant color changes and at one point everything appeared to be lavender. Lavender is a color connected with spirituality and healing. The smell of lavender breathed in with love can change one's view.



2018 10-13, 4005 - FALL BEAUTY AT THE LANDFILL - One does not normally think of where we recycle our garbage as a place of beauty, but when I look beyond it, I see the beautiful foliage of fall. I chose to take a photo of both together as an example of life.



2018 10-14, 4006 - COLORED IN - Jack Frost has nearly completed this year's art exhibit in Nature. The mountains and valleys are alive with brilliant color. We need to take time to appreciate what is alive around us. There is always some color in life to discover.



2018 10-15, 4007 - THE AUTUMN LEAVES DRIFT BY MY WINDOW - I watched the leaves drift by my window, many of them landing in the small brook close by. I thought of a song with those exact words and then I thought of other songs about Nature and life.



2018 10-16, 4008 - THE WILL TO BLOOM - The tiny flowers at the edge of the parking lot at the Center were blooming in the middle of October in very adverse conditions. I thought of people that have the will to share their abilities and positive actions under adverse conditions.



2018 10-17, 4009 - WINTER WHITE RETURNS - I paused a few moments to take in the white of winter as it adorned the top of the mountains to the north and I knew that we were now in transition to colder weather. Pauses help me be mindful of daily life.



2018 10-18, 4010 - SLOWLY FADING - Many of the brilliant colors of autumn have slowly begun to fade away, but the goals for working on the land up until the snow flies still burn inside with the fires of passion. It is good to have goals that are flexible and yet always there.



2018 10-19, 4011 - THE ROAD TO THE ORCHARD - The morning light was just right as I gazed down the road leading to the orchard. My mind began to drift back in time and wonder what the early settlers had experienced as they cleared the land. Perhaps they thought about what came before them.



2018 10-20, 4012 - SNOW ON THE LEAVES - I could see it coming across the valley, and the next morning I awoke to a coating of white on the leaves that were still on the trees. Nature created another beautiful artistic creation. I captured the beauty, so that I could experience it again.



2018 10-21, 4013 - FRESHLY MOWED - There is something about the smell of a freshly mowed field that refreshes the mind, body, spirit and soul. I often think of the farmers who first worked the land without the benefit of modern tools. Still they accomplished so much.



2018 10-22, 4014 - A STUDY IN CONTRASTS - There was a dark cloud over the mountain and at the same time spots of sunshine on the lower slopes, framed by colorful late fall foliage in the foreground. It was a study in contrasts, an example of life itself.



2018 10-23, 4015 - EXPANDING THE VIEW - A couple of years ago we started to thin the trees and cut out the understory at the edge of the Lupine Field to expand the view of the mountains across the valley. Expanding our view of nature helps expand our own views.



2018 10-24, 4016 - THE ROAD HOME - Recently I drove the old tractor home from the orchard, through the woods, and down the steep mountainside to our house. Even though the road seemed daunting, I have learned to trust the old tractor as I do trust the Cosmos in all the roads of life.



2018 10-25, 4017 - KEEPING WATCH - As I looked at a photo I had just taken of the mountains across the valley I saw something I had never seen before but often felt. There were eyes watching from near the top of one of the mountains. I was not alone.



2018 10-26, 4018 - ANOTHER LATE OCTOBER FLOWER - Another late October flower caught my eye when it bloomed for the first time. Its beauty was breathtaking as it stood out against the fall landscape and I celebrated this wonderful positive sign provided by Nature.



2018 10-27, 4019 - THE RETURN OF THE MOUNTAIN - The disappearance of the foliage signals the return of the mountain. Actually, it never went anyplace. My view had been blocked all summer long. Now I can see it again. Life can cover up what is still there.



2018 10-28, 4020 - REST IN PEACE - We finished clearing the new growth from the old cemetery just before the winter snows are due to cover the landscape. It is a labor of love and respect for those that lived on the land many years ago. It feels good to respect history.



2018 10-29, 4021 - SEASONAL CONFLICT - The weather turned nasty as we drove back across the state. Several inches of snow coated the ground and what was left of the fall foliage on the trees. We were caught in a seasonal conflict filled with both beauty and drama.



2018 10-30, 4022 - IMMERSSED IN BEAUTY - We set out to walk the trail to the Lupine Field after the fresh snow and found ourselves immersed in Nature's beauty created when fall and winter come together. I was reminded that all it takes is a few steps to be immersed.



2018 10-31, 4023 - NATURE CELEBRATES HALLOWEEN - Nature instructed its team of caterpillar decorators to create a spooky scene for the end of October when Halloween is celebrated. The result is a very scary tree. Nature is active all year long in whatever we celebrate.



2018 11-01, 4024 - A SINGLE TRACK - We can learn a lot from the tracks we make and by observing those of others. We followed a single tire track down the old Class XI Road until we came to a place where a tree had blocked it and our neighbor had backed up and got a saw.



2018 11-02, 4025 - I COULD HEAR THE WIND - As I approached the Lupine Field from the orchard I could hear the wind blowing through the valley. I knew winter with its icy fingers was trying to get a solid grip on the landscape. I retreated to the warmth of my home.



2018 11-03, 4026 - THE MOON ABOVE THE CLOUDS - I gazed at the cloud-filled sky and spotted a blue patch; in the middle of this patch was a white moon. I took a few moments to appreciate Nature's beauty and realized I could have missed it all.



2018 11-04, 4027 - A POSTCARD VIEW - There are places on the trail that are just a little extra special, and with the right framing of a photo, have what I call, "a postcard view". Sometimes we enhance the view by clearing away the understory. Nature can work well with man.



2018 11-05, 4028 - NOVEMBER COLOR - I am aware that there is still a fair amount of muted color coming from the remaining leaves on the trees. Perhaps it's just me, but everything seems to be a little bit more alive this fall. Whatever it is, I am grateful.



2018 11-06, 4029 - READY FOR THE FREEZE - The little frog pond silently waits for the cold weather to freeze its surface into a sheet of ice. When I see it taking place, my mind goes back to the big adventures I had as a child exploring the frozen surface of the bog behind my house.



2018 11-07, 4030 - INVESTING IN THE SPRING - Now is the time to invest in the spring by planting bulbs that will bloom after the snow melts. The goal is to bring pleasure to those that visit the gardens or sit on the memory bench. Acts of kindness are investments in the future.



2018 11-08, 4031 - WHERE THE FAIRIES SLEEP - I know that the fairies are now ready for their winter sleep. The Enchanted Pathway is silent, and the houses and tiny statues have been placed under cover. The ferries are dreaming about next year and the new adventures ahead.



2018 11-09, 4032 - A LITTLE WALL - There were a few large rocks on the side of the Ledge Trail near the scenic view we expanded. I needed a place for some rocks the same size, and I created a little wall that may be finished or may still be waiting to grow.



2018 11-10, 4033 - HIGH BUSH BLUEBERRY GROWING IN A STUMP - A blueberry bush growing in a stump near the old garden caught my eye. It was a high bush variety, and I had only seen one other growing wild on our land. Nature chooses interesting spots to plant seeds.



2018 11-11, 4034 - INVASION OF THE BITTERSWEET - Growing out of a stonewall I saw a dreaded bittersweet with fall berries. We once embraced this invasive plant until it took over our landscape. It is a lesson from nature on planting seeds creating negativity by our actions.



2018 11-12, 4035 - LONG LASTING STONECROP - The succulent perennial known as stonecrop has pink blossoms that turn to a deeper red in the fall to provide beauty when most all other fall colors have faded away. There are people who inspire in the same way.



2018 11-13, 4036 - NATURAL TERRARIUM - I discovered a natural terrarium growing out of an old pine stump. Just like my grandmother used to collect in the fall, there were Indian Matchsticks and a tiny tree, as well as mushrooms. I smiled and became a child again.



2018 11-14, 4037 - DECORATED FOR THE HOLIDAYS - Nature has joined the spirit of the approaching holiday season by decorating a fir tree on the front lawn with colored leaves. Looking at this work of art opens my mind to think of the meaning of the holidays.



2018 11-15, 4038 - CROWNING THE PEAK - The way the sky appeared as I observed it over the top of a mountain, it looked as if the Cosmos was placing a crown on it. I wondered if the energy was coming down or going up.



2018 11-16, 4039 - A PERFECT TREE FALL - My wife heard the old dead tree fall. We had been expecting it to topple at most anytime. It landed an inch away from a cedar tree we had transplanted from a friend's house a few years ago. Nature expertly guided the old tree past the new.



2018 11-17, 4040 - THE LITTLE BROOK THAT POWERED THE MILL - The little brook that flows down the mountain near our house used to power a mill over 150 years ago, to grind up bark to make tannin to cure leather for shoes. It is amazing how nature can be harnessed.



2018 11-18, 4041 - CLUES FROM THE PAST - Even though there is very little written history from the land here on the mountainside, there are many clues from the past, such as the old bottles and shards of china from a logging operation. You are constantly leaving clues of your past.



2018 11-19, 4042 - HORSESHOES - We have found two horseshoes over the years in different spots on the property, indicating that these animals played a role in working the land in the 1800s. A sign of good luck, I smile and appreciate those early settlers who shaped this land.



2018 11-20, 4043 - YOU ARE A LIGHT - In this season of declining daylight, you have the opportunity to let your inner light of positive mindfulness shine through. All you need to do is feel the embers glowing and let the words and actions flow through you to light the world.



2018 11-21, 4044 - SLICING THE GRANITE - Many years ago, the stone cutters sliced a granite boulder and then left the pieces in place on the mountainside. I'm not sure if they had given up on the land or if the stone was unusable. Today their hard work stands as a monument.



2018 11-22, 4045 - GRATEFULNESS - On this day of Thanksgiving, it is a good time to pause and celebrate the good things that happen in our lives. Sometimes it may seem there is little to be grateful for until we look below the surface at the blessings we constantly receive.



2018 11-23, 4046 - TOOL MARKS - The stone cutters of the 1800s used a type of chisel called a star drill to make a line of holes in granite. They would often leave the stone over the winter when the holes filled with water and then froze which caused the granite to split. The marks remain.



2018 11-24, 4047 - THE LAST SIT OF THE SEASON - With the weather turning colder, we finally had our last sit of the season before we moved the green bench to the side of the cabin. We enjoyed our picnics there and will dream of new ones when the winter has passed.



2018 11-25, 4048 - A LONG LASTING WALL- The old stone wall has served as a boundary line for a couple of hundred years. Some of the granite slabs must have been hard to move into place. The wall is a monument to the settlers that built it. Our actions can last a long time.



2018 11-26, 4049 - NOVEMBER SKY - The skies of November are often gray and foreboding, warning of the winter storms just beyond the horizon. The days are short, and I find my thoughts journeying back in time to feelings I do not recognize in this lifetime.



2018 11-27, 4050 - WHITE TREASURE - My wife saw it first, a small flash of white just breaking the surface of the soil. It was a piece of white quartz, considered a treasure by those that walked the land centuries ago, to be shaped into arrow heads and tools.



2018 11-28, 4051 - CAT ON A ROCK - I was surprised to see a colorful rock on the front planter. Upon investigating I discovered it had a cute painting of a cat on it. This artistic creation was an act of kindness, so I have it placed where others might be inspired.



2018 11-29, 4052 - PUSSY WILLOW BUDS IN NOVEMBER - I noticed a bit of fresh green in the graying landscape and saw a leafless pussy willow stem. I realized that I was looking at next spring's blooms. A lot is involved in creating the future.



2018 11-30, 4053 - TWO MOUNTAINS, HALF A WORLD APART - Returning from a cruise to the tip of South America and the Caribbean, I was struck by the snowy beauty of our mountain and realized we were connected to mountains a half a world away as well as the people there.



2018 12-01, 4054 - SNOW PUFFS - After the recent wet snow, the trees were covered with "snow puffs". It reminded me of a cereal I used to eat as a child called Puffed Wheat and also the magic of my grandmother's miniature winter village.



2018 12-02, 4055 - A SPECIAL TREAT - I tossed some bird seed out the window onto the snow and a while later I saw the area was alive with Evening Grosbeaks, a bird we have not seen at the feeders for a few years. Casting seeds of positiveness can attract amazing results.



2018 12-03, 4056 - SEARCHING FOR PEACE - People constantly search for peace. Nature provides opportunities to connect with the land. We have a labyrinth at the Center that helps people find balance. I was encouraged to find a peace labyrinth on the island of Aruba. It is a worldwide movement.



2018 12-04, 4057 - REMEMBERING A PRESIDENT - Back in 1989, a month before I was struck by a car, we bused the high school band down to Pease Air Force Base to help greet President George H. W. Bush returning from his first European trip. Amazingly, he remembered when we had played for him before.



*To Michael Hathaway
With best wishes,*

Ge. Bush

6-2-89

2018 12-05, 4058 - LIVING IN A CHRISTMAS CARD - This time of year many of us search for the perfect holiday scene to help take us back to a magical time in our childhood. Here in the mountains fresh snow creates that opportunity, but the true magic is when we feel gratitude and love in our hearts.



2018 12-06, 4059 - SAILOR'S DELIGHT - I watched the sunset from the deck of the ship and attempted to capture the silhouette of another resting at anchor against the sun. I was reminded that Nature can help our minds, for a few special moments, sail across the vast oceans of the Cosmos.



2018 12-07, 4060 - HEART REMINDERS - I spied a partly snow-covered rock in the shape of a heart. Hearts remind me of the power of gratitude when felt through the heart. I am always on the lookout for signs that help me stay in tune with my intentions to share heart love wherever I go.



2018 12-08, 4061 - NATURE'S WINTER GALLERY IS NOW OPEN - Nature has opened its ice sculpture gallery in the brook. I look forward to visiting each day to see the new creations. Some are in the shape of animals and some are just abstract. The little time I spend there is good for my mind, body, and soul.



2018 12-09, 4062 - SEARCHING FOR FOOD - The turkeys slowly worked their way out of the woods to the snow-covered ground underneath our birdfeeders. They were searching for food. I thought of people who are also searching for food and warmth as well as nourishment for their souls.



2018 12-10, 4063 - DIFFERENCES IN NATURE - Many of you have traveled much more than I have in my life, but having recently experienced Nature in warmer climates, I saw firsthand the vast differences. Then again, we can see similar differences within miles of where we live.



2018 12-11, 4064 - WARM LIGHT, COLD SKY - The warm red light of the setting sun was surrounded by the cold sky of winter. Even though my hands were cold, my heart was warmed by the beauty I observed. There is always something to warm one's heart, even in the cold of a winter evening.



2018 12-12, 4065 - RADIANT MORNING GLOWS - Now that the leaves are off the trees and the mountains have a coating of white, we are treated, almost daily, to radiant sunrises as the sun, reflecting off the clouds, shines on the mountains across the valley, causing my heart to glow with gratitude.



2018 12-13, 4066 - AFTERNOON HIKE - The weather finally warmed enough for us to plan our first winter hike. Enough people had made the climb before us to create a packed path up to the Lupine Field. The air was fresh and crisp, and it helped clear our minds.



2018 12-14, 4067 - WINTER SPECTACULAR - It was a perfect winter afternoon to observe the spectacular view from the edge of the clearing at the top of the mountain. I felt refreshed and very grateful to be one with Nature, realizing that everyone has a special place or memory.



2018 12-15, 4068 - BLUE WATER - I looked out over the incredibly blue water as our ship approached port and was stuck by its pure beauty. It was mesmerizing. I thought of how we are mostly liquid and was reminded that my thoughts have a direct impact on my clarity.



2018 12-16, 4069 - TWISTED - A twisted beech tree which was almost hidden by other trees caught my eye. It must have been hit by an ice or heavy snow storm several years ago. Now it is fighting to survive and has taken on a unique shape. We are all affected by our environment.



2018 12-17, 4070 - WITHIN SIGHT OF THE GOAL - I could see the light from the clearing as I approached the summit. I thought back to when I used to hike different mountains. When I thought I was approaching the top, I found there was another hill to climb. Goals are always changing.



2018 12-18, 4071 - SILENT CLOUDS - The top of the mountain was quiet except for the sound of a pileated woodpecker chopping away on an insect infected tree. The clouds covered the tops of the mountains across the valley and I cherished the moment, knowing that I could relive it later.



2018 12-19, 4072 -A FRESH COATING - Overnight nature gave the landscape a fresh coating of snow. Everything appeared magical as I gazed out the window at the small brook and the woods beyond. I realized my mind had been given a fresh opportunity to get a different view of life as I began the day.



2018 12-20, 4073 - CLOUD PEAKS - As often happens this time of year, the setting sun was reflecting a beautiful pink off the mountains across the valley. I realized that what I thought at first was a mountain peak was a cloud in the shape of a mountain. Imagination and reality often play together.



2018 12-21, 4074 - UNDER THE UMBRELLAS - There is a street in San Juan that has a covering of individual umbrellas suspended above the walkers. I am reminded of the term "covered by an umbrella", meaning being protected. The street scene was a colorful reminder that something goes with us.



2018 12-22, 4075 - DEBRIS FILLED ROAD - The weight of the heavy snow, as well as ice on the trees, along with high winds, filled the road and trails with debris. It will be a spring of cleanup. Still, it is Nature's way, and we have experienced it before. Life itself is a product of Nature.



2018 12-23, 4076 - WINTER RAIN - The first day of winter brought with it a rain storm that threatened to wash away the snow which had covered the ground for a month. Fortunately for those that want white ground for the holidays, the snow absorbed the water. It proves Nature is in charge.



2018 12-24, 4077 - LIGHTING THE SEASON - During this season of the shortest days of the year, holiday lights provide cheery glows on dark nights. They serve to remind me that each person carries a spiritual light inside that, when felt with heart-based love, shines all year long.



2018 12-25, 4078 - FOLLOW THE STAR - The Christmas Story with three Wise Men following a star helps illustrate the magic of the heavens. To me a star is a symbol of peace and so as we hang a star in the window and see others doing the same, there is a feeling of peace on earth.



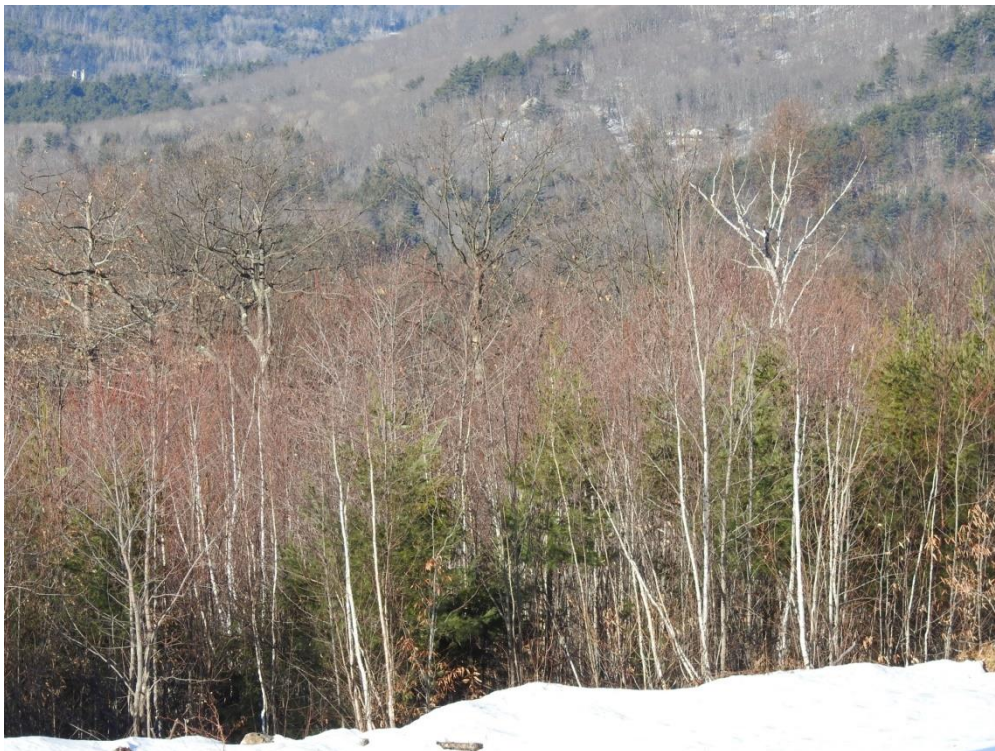
2018 12-26, 4079 - OLD FASHIONED CHRISTMAS - This year my wife dug out some decorations we had not used in years including a handmade village she crafted over twenty-five years ago with a model of how our home used to look. Each year provides the opportunity to discover the past.



2018 12-27, 4080 - MAJESTIC VIEW - As the year comes to a close, my mind thinks back to projects on the land, including cleaning up a lot of debris near the Lupine field adding to the majestic view of the mountains. Thinking back to what it looked like years ago, I realize how much has changed.



2018 12-28, 4081 - HINT OF COLOR - As my eyes scanned the landscape beyond the Lupine Field, I became aware of the red color coming from the maple trees. I can't remember seeing it at this time of winter before. Usually it is closer to spring. There is a lot of color in life that we overlook.



2018 12-29, 4082 - ON A SAILING ADVENTURE - When I was a child there was no TV, and I was entertained on Saturday mornings by a radio program that played recorded stories. One of those was about a small toy boat and its travels to the ocean. When I discovered an ice boat, my mind set sail.



2018 12-30, 4083 - SILVER WORLD - The icy drizzle turned the world outside into a silver wonderland. The trees glistened in the late afternoon light. This beautiful environment also was filled with slippery danger as tree limbs broke and the roads became hard to drive. It was a time to be aware of both.



2018 12-31, 4084 - WINTER RUNOFF - This year the little brook is experiencing a "spring runoff" in the winter. There has been a lot of rain, well above the average. Then again, averages are based on the past, and each new event changes the average. Life changes every day, which changes the totals of life.

