

Message from the Mountain
2019

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2019 01-01, 4085 - THERE IS SOMETHING ABOUT - My wife went back through the podcast archives and found all the ones with the subject "There is Something About...", and created a book made from them. Today, THERE IS SOMETHING ABOUT starting a new year with endless possibilities, only limited by fear.



2019 01-02, 4086 - A WISH FOR A LOVING YEAR - I wonder if a movement would be caused if many people focused on heart-based love, sending this energy out into the Cosmos for the greater good; I wonder if it would change our focus toward peace and love on earth. I believe it may just be possible.



2019 01-03, 4087 - BEFORE THE MELT - It snowed four inches of heavy wet snow overnight that created a magical sight as dawn arrived. This winter wonderland slowly disappeared as the warm sun melted the snow from the trees. Nature shows that life is constantly changing right before our eyes.



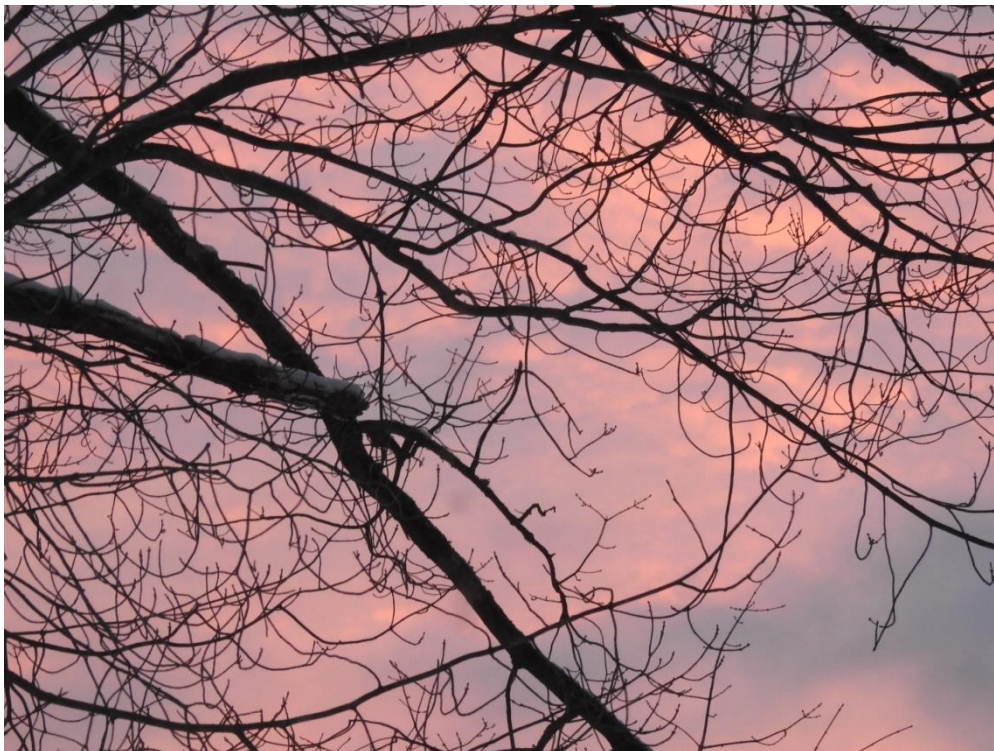
2019 01-04, 4088 - A MINUTE LONGER - One of my favorite winter past-times is to observe the lengthening of each day by over a minute as we proceed towards spring and summer. This "ritual" also serves to remind me that each minute is special.



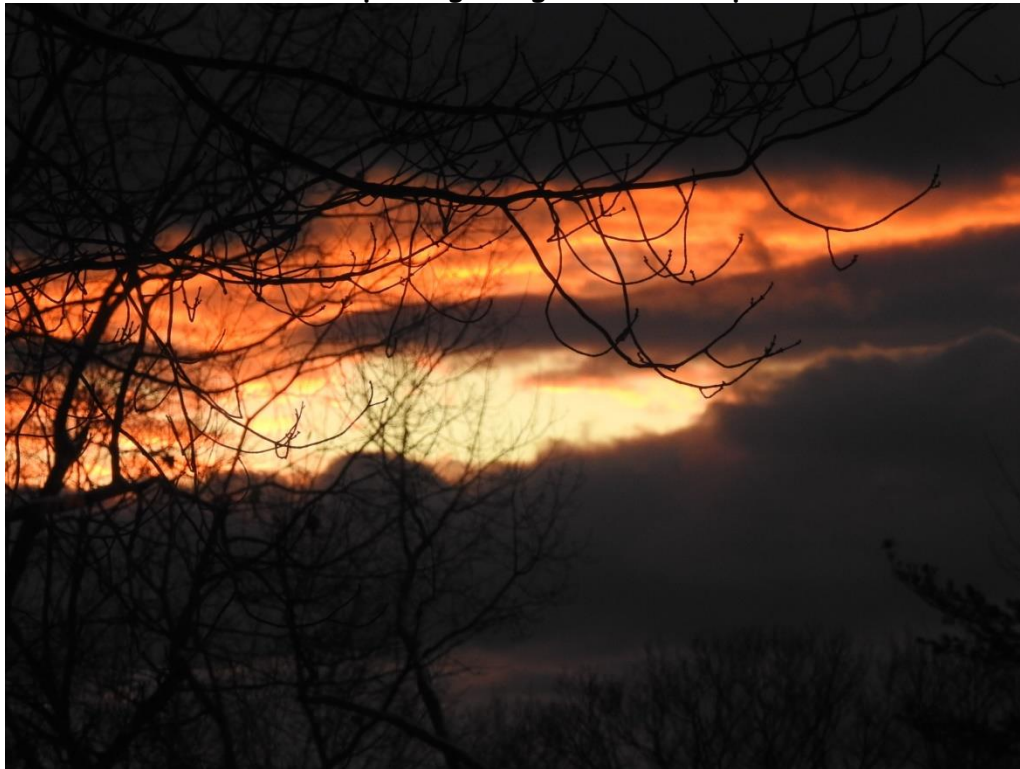
2019 01-05, 4089 - VIEW FROM THE GREAT ROOM - I could see pink and blue colors in the sky from the living room window, so I grabbed a camera and went down to the great room to capture Nature's show. We don't have to go outside to experience the beauty of life. We all have a great room in our mind.



2019 01-06, 4090 - PEACEFUL SKY - The pink and gray sky looked and felt very peaceful, outlined by leafless trees. I closed my eyes for a brief moment and breathed in gratitude. I left the scene with the feeling of peace etched in my heart, knowing that the sky is only a breath away.



2019 01-07, 4091 - FIRE IN THE BELLY - The brilliant red sunset looked like fire in the sky and that reminded me of the phrase, "Fire in the Belly." And of course, that caused me to think about passions we have that lead us to accomplishing things that make positive differences in lives.



2019 01-08, 4092 - HARD WINTER ON THE TREES - So far, this winter has been hard on the trees. Some were weakened by previous storms and insects, and then we experienced a lot of heavy wet snow, ice, and high winds. Trees don't have the same options as people. People can change situations.



2019 01-09, 4093 - WINTER WANDERINGS - My winter wanderings are often confined to wandering the old road. The neighbors keep the trail parking plowed and my knee prefers the road surface rather than the uneven surface of the snow. The real benefit is the opportunity for my mind to wander as I walk.



2019 01-10, 4094 - FLAKE BY FLAKE - Slowly, flake by flake, the level of snow has been building here in the mountains. Now the ground is covered with a foot or more. In life we often have measurable success by proceeding ounce by ounce, or step by step, slowly achieving our goals.



2019 01-11, 4095 - STICKING TO THE TREES - The fresh snow was sticking to everything and the trees looked magical as if they were all covered with white cotton. I knew that it would not be long before the snow would drop to the forest floor, and at that moment I paused to appreciate.



2019 01-12, 4096 - A VIEW OF THE MOUNTAIN IN WINTER - The best view of our mountain is from the sand pile behind the town office complex. I often stop there after a snowstorm when the trees are covered with white. It is a beacon of energy.



2019 01-13, 4097 - COTTON TREE - The limbs of the crab apple tree were covered with sticky snow globs causing it to look like it had grown cotton. I smiled at one of Nature's whimsies as my mind stepped into a magical world of imagination. Nature gives us so many different perspectives on life.



2019 01-14, 4098 - SPRING FIREWOOD - The heavy snows and high winds caused many trees to bend beyond the point of return or broke off limbs that litter the trails. There will be a lot of spring firewood ready for the picking. We can always learn from things that litter our path in life.



2019 01-15, 4099 - ANOTHER BEAUTIFUL SUNSET - I was fortunate to discover another beautiful sunset taking place just out of sight from my usual view to the west. I looked in a different direction and there it was, a magnificent show. All it takes is mindfulness.



2019 01-16, 4100 - REVISITING THE BROOK AGAIN - I revisit the brook just about every day from a window that overlooks its journey down the mountain. I love to watch it as it constantly changes with the seasons. To me it represents how life itself flows.



2019 01-17, 4101 - CLOUD LAYERS - Clouds remind me of the ocean as they ripple across the sky. Then again, the sea is often a reflection of the clouds. When I gaze at either one, my mind casts off into a journey beyond the bounds of our tiny world.



2019 01-18, 4102 - WINTER LIFE - As we approach the heart of winter here in the mountains, life takes on a different perspective. The weather forecast often determines how the day will unfold. There are roofs to be cleared and sand to be spread on the driveway. Yet each day has its specialness.



2019 01-19, 4103 - THANKS TO THOSE THAT MAKE IT POSSIBLE - I am very grateful for all the neighbors that make it possible for others to walk the land, especially in the winter. They clear the parking spots off the old road, and I can see by the packed snow-covered trails that many come to enjoy.



2019 01-20, 4104 - PRELUDE TO THE BIG ONE - As a gentle snow fell, all the warnings were there that the big one was approaching from the mid-west. The television, recorded phone messages, and the internet broadcast the news. It is wise to pay attention to warnings we receive internally and externally.



2019 01-21, 4105 - MENTAL ESCAPES - In the heart of winter we turn to mental escapes to help pass the time and set goals for the future. Memories of past trips and adventures can help us relieve our experiences. Seed catalogues can help us plan the future. Little escapes are good for the moment.



2019 01-22, 4106 - CLEARING SNOW - A fact of life during the winter here in the White Mountains is the number of times we clear snow from the paths and drive. I find that driving the old tractor is a wonderful way to clear my mind as I clear away the snow.



2019 01-23, 4107 - THE NEIGHBOR'S CAT - My neighbor who has several cats, mostly indoor ones, sent me a picture of a new cat that was hanging around outside. It was a Bobcat, and I am sure looking for a meal of mice or squirrels. It is a joy to know that the woods are full of Nature's creatures.



2019 01-24, 4108 - A BOBCAT IN THE DRIVE - After seeing the photo of my neighbor's Bobcat I realized I had one right here ready to go to work. It is a different kind of Bobcat after its namesake in the wild. Nature influences so much in our lives.



2019 01-25, 4109 - NATURE'S CAT & TURKEY GAMES - I spotted a flock of turkeys scrounging for food under the window where we keep our birdfeeders. At the same time, I got a text from our neighbor that the bobcat was headed our way. I thought of a time when ancient man was food for animals.



2019 01-26, 4110 - LOOKING OUT THE WINDOW - Over the years I have seen many amazing things looking out the window. One of them occurred the other day when I looked into the eyes of a barred owl that was looking for a red squirrel breakfast. All of us has a window in our minds where we can observe life.



2019 01-27, 4111 - A SKY FULL OF HEARTS - I could see the rough shape of a heart in the clouds reflecting the sunset. I captured the scene and, in my mind, saw several other heart shapes. I took what I had witnessed as a positive sign that someone or something was sending down love.



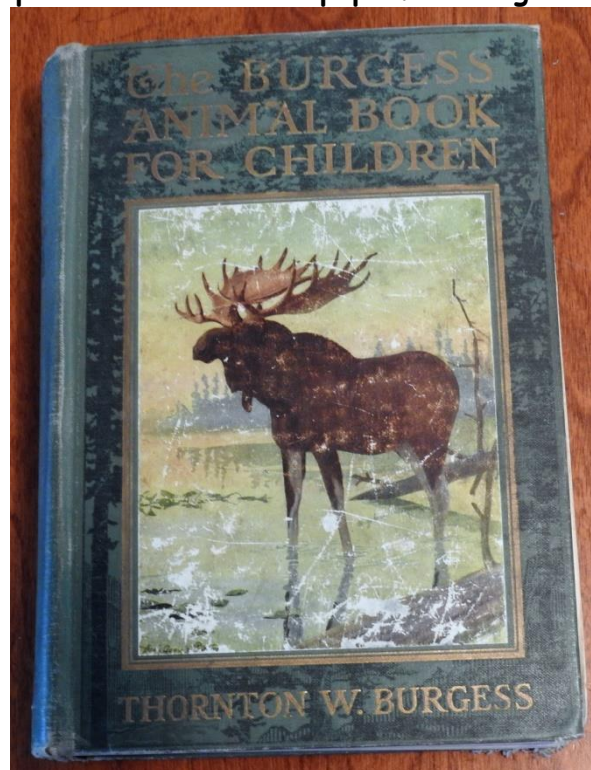
2019 01-28, 4112 - THE FLOW CONTINUES - Whenever topics seem hard to think up, I know that the little brook always has a story to tell. It recently disappeared, covered with ice and snow, but resurfaced again with the rain. Our creative flow is always there, sometimes just out of sight and mind.



2019 01-29, 4113 - HAVING A LITTLE REST - A titmouse took a rest break on the feeder close to the window. This usually very busy bird paused for a moment, allowing me to capture it with a photo. I was grateful that Nature had given me another inspiration to help guide me through my day.



2019 01-30, 4114 - CHILDHOOD INFLUENCES - Thinking back to childhood influences that helped promote my interest in Nature, perhaps the earliest ones were the wild animal stories of Thornton Burgess which were published in the newspaper. I thought of them as almost human.



2019 01-31, 4115 - WINTER'S BITE - I saw the jaws of winter waiting to take another bite out of the hope of spring. The bite came overnight with another snowstorm. Before I went out to clear the snow away, again, I paused to take in its beauty which helped ease the pain of the bite.



2019 02-01, 4116 - TURNING THE PAGE - Finally, the month of January has ended, and I have turned the page of the calendar with great anticipation that spring is getting closer every day. It is time to begin planning for the advancing daylight and warmer weather. Actually, we turn a new page every day.



2019 02-02, 4117 - THE SHADOWS KNOW - I used to listen to a radio program as a child called "The Shadow" about a man that could become invisible and solve crimes. The tradition of Ground Hogs Day is based on an old legend about seeing its shadow to predict winter's end proves that only the shadows know.



2019 02-03, 4118 - ANTICIPATING A WARM UP - The weather forecasts have been predicting an incoming warm-up. Filled with anticipation, I can hardly wait. It will be good to take the sting out of winter even for a short time. We spend a lot of time anticipating in life. The outcomes vary, just like the weather.



2019 02-04, 4119 - LIGHT AT SEVEN - I have been waiting for six weeks for it to be daylight at 7 in the morning. Now my focus turns to when it is still daylight at 5 pm That will be in only a few days. It is all part of my winter ritual as I patiently wait for spring to arrive, part of my little goals.



2019 02-05, 4120 - WATCHING OVER THE FLOCK - I have observed from my window over the years that turkeys often have one bird which watches for predators while the others eat or rest. I also have a feeling that something is always watching over me.



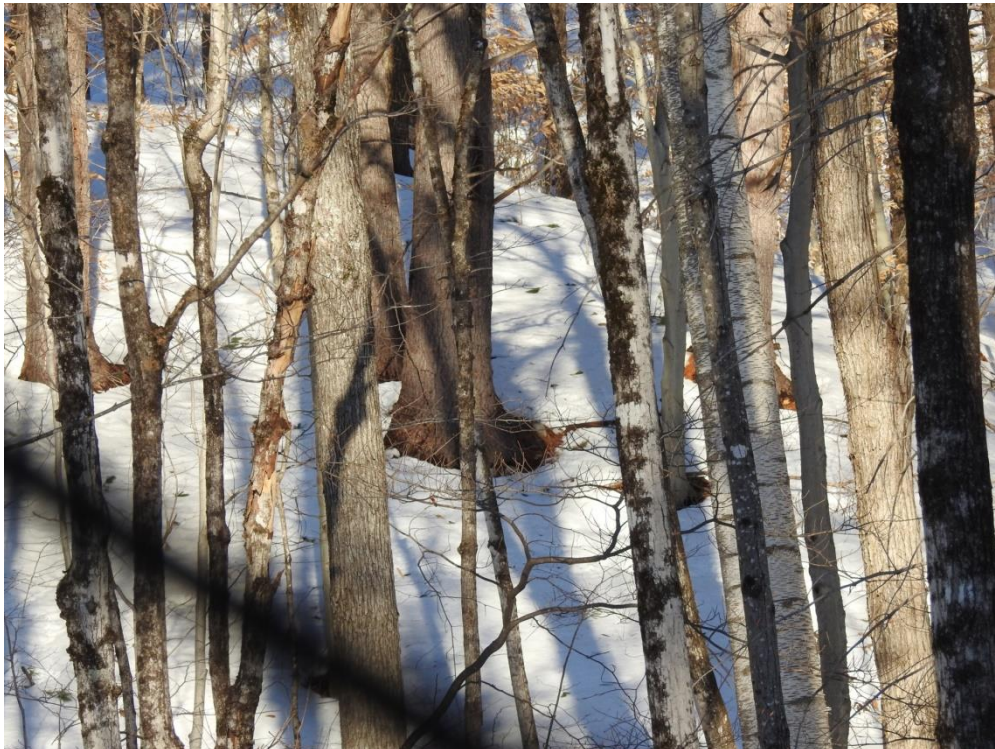
2019 02-06, 4121 - A BRIEF REPRIEVE - Nature gave us a brief reprieve from winter. It provided an excellent opportunity to venture out into a warmer world and observe the melting snow and ice. I am reminded that we can always take a brief reprieve from the world in our minds with gratitude.



2019 02-07, 4122 - SUNSET AT FIVE - Now it is light at 5 pm. That is another milestone reached as we journey through winter. I am grateful for the increasing daylight, and each day I have the opportunity to find these little sparks of gratitude; it helps me find the positive side of life.



2019 02-08, 4123 - SIDE HILL MELT - When I was a child, one of my favorite late winter pastimes was watching the snow melt away from the trunks of large trees growing on sunny side hills. Even though the melt may be interrupted by stormy weather, I am grateful for the chance to observe Nature.



2019 02-09, 4124 - A PREVIEW OF MUD SEASON - The recent February thaw created bare ground on sections of the old road. It was a preview of the mud season still a month or more away. Even if mud season is an inconvenience when it occurs, the preview gives hope for the warmth to come.



2019 02-10, 4125 - SLOWLY SINKING - For twenty years or more we have been watching an abandoned pile of logs slowly rot and sink into the ground. Now less than half its original size, each winter the weight of the snow helps them disappear. Nature is providing hope as it reclaims the land.



2019 02-11, 4126 - THERE IS NO BAD DAY AT THE OCEAN - We took a drive to visit the ocean on a gray winter day. The wind was howling, and it had been raining. We sat in the car and took in the majestic beauty in front of us. There are many things, including animals, that can always give us a good day.



2019 02-12, 4127 - FINDING COLOR IN A COLORLESS WORLD - At first glance, the ocean scene looked colorless, just gray. Looking deeper I saw colors in the rocks, the waves and the sky that helped brighten my day. Life is full of color we often miss.



2019 02-13, 4128 - THE WISHING TREE - We have a tree that reminds me of a chicken's wish bone. My sister and I used to make a wish and then pull on a dried wish bone when we were children. The one who got the longer piece was supposed to get the wish. Now all I need to do see the tree.



2019 02-14, 4129 - EYE TO EYE - My neighbor called to tell me a bobcat was in the back of their house. I grabbed the camera, headed over, and out their back window I saw this magnificent wild creation of Nature. I gazed eye to eye at it through my camera lens at a safe distance.



2019 02-15, 4130 - A TURKEY IN THE BROOK - Just before the last snow storm as the brook was refreezing from a February thaw, Nature created a turkey ice carving. It was a chance encounter with this piece of art that captured my imagination and provided a little soul healing.



2019 02-16, 4131 - BRIGHTENING SKIES - Although the brunt of the snow storm came overnight, the flurries lingered until afternoon when I spent several hours moving snow. As evening approached, I noticed the skies were brightening, giving promise to the next day. I paused in appreciation.



2019 02-17, 4132 - NO PLACE TO SIT - My son snow-shoed over to the Center and photographed the benches on the Grace Trail that had almost disappeared. Even with no place to sit, the land remains peaceful. Wherever one experiences Nature, whether sitting or standing, there is always peace within.



2019 02-18, 4133 - PIERCING EYES - The Barred Owl came back for another visit. It perched on a branch with its head actively surveying the landscape, its eyes seeming to pierce through things we cannot see. Some people can see realities that others may not. It can be a beautiful gift.



2019 02-19, 4134 -HEAD SHOT - Lately I have attempted to capture the personalities of some of the wild animals and birds that live on or visit the mountain. I was struck by the head shot of a male turkey of how beautiful and ugly they are. Just as in humans, every creature displays a unique personality.



2019 02-20, 4135 - SNAPPED - The small pine tree could not bear up under the weight of winter. It snapped at its trunk. A lot of people have been feeling this way under the weight of winter and yet we have flexibility that starts with feeling gratitude for something in our hearts. Spring is coming.



2019 02-21, 4136 - IT WAS A GOOD LUNCH - I was able to capture the bobcat licking its chops after what must have been a good lunch. I thought of the food people consume, both in what we eat and what we consume spiritually. When I lunch on gratitude many times a day, I feel like the bobcat licking its chops.



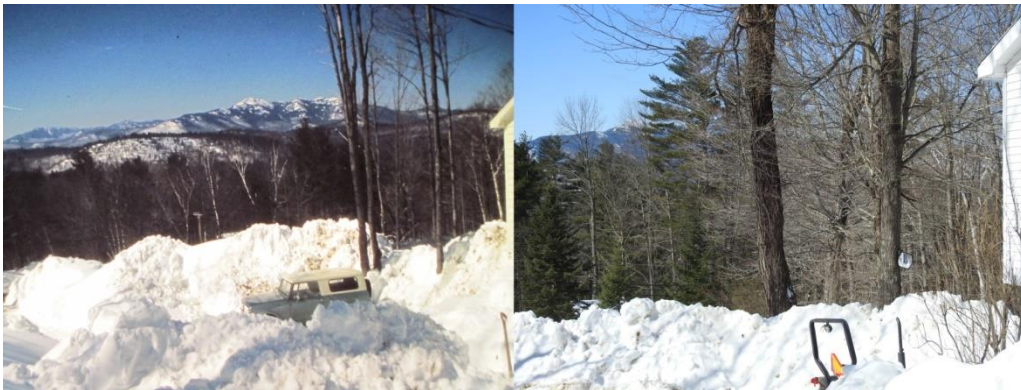
2019 02-22, 4137 - FEBRUARY MOON - There is something about a full moon in the heart of winter that transforms darkness into near daylight on a clear night. It is a moon filled with energy that affects people differently. Some respond negatively and some positively. I hope you had a good experience.



2019 02-23, 4138 - ROSY GLOW - I enjoy sitting in my comfortable chair in the morning, sipping coffee from my favorite mug, and watching the rosy alpine glow on the mountains across the valley. It is that time of year when all comes together with perfect timing; a great way to start a magical day.



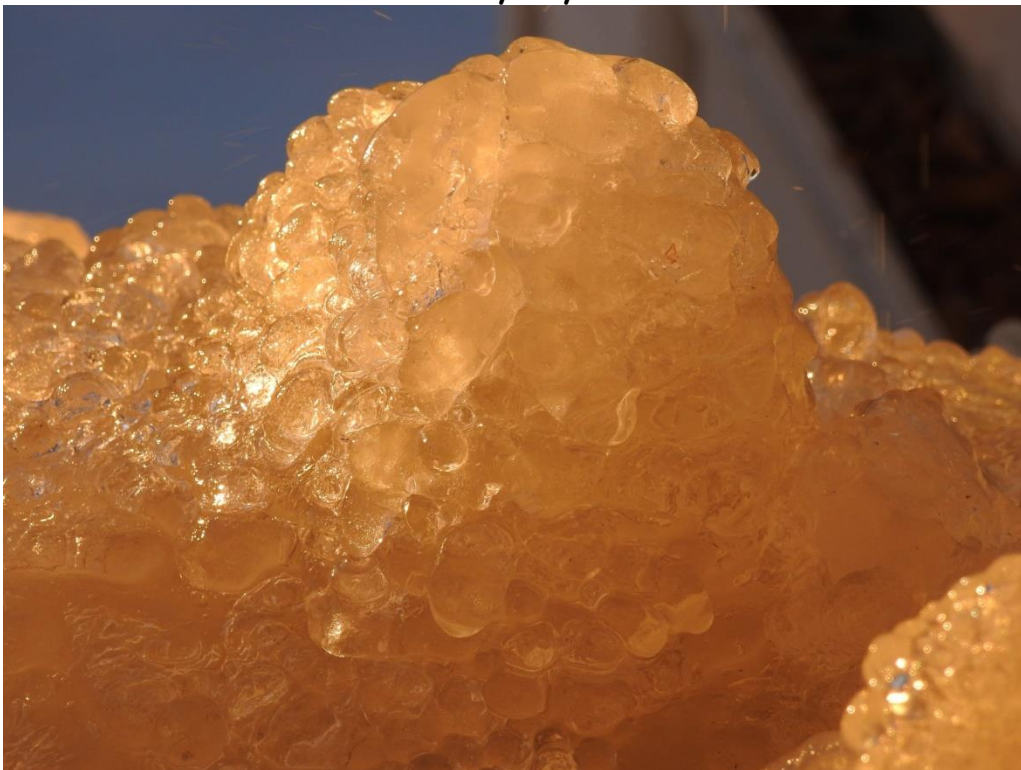
2019 02-24, 4139 - FIFTY YEARS OF WINTERS - In the winter of 1969 we had one snowstorm that measured four feet. Once the roof had been cleared, I could walk up it onto the roof. This year we have a lot of snow, and I am grateful we are still here to enjoy it.



2019 02-25, 4140 - FLOWING WATER - I love to watch flowing water, especially when it gets close to spring. It is an indication of things to come. As a child, we used to build inner-tube rafts and travel the vast ocean in the little hollow across the road. Flowing water also brings out the kid in me.



2019 02-26, 4141 - GOLDEN ICE NUGGETS - The melting water coming off the roof was a golden color, tainted by remaining fall leaves. The water refroze into droplets of ice nuggets that reflected the afternoon sun. Riches come in many ways.



2019 02-27, 4142 - FEBRUARY WINDS - The winds of February howled across the valley causing many to have a sleepless night filled with thoughts of crashing trees and loss of power. It is a time to let ourselves find a safe harbor where love and gratitude create heart warmth.



2019 02-28, 4143 - LITTLE FACES - I love to find little faces in the bark of trees. It appears there is always one or more that means something to me. I realize each person may see differently than I and may or may not find the faces that I find. Each person is on their own path of life.



2019 03-01, 4144 - METEOROLOGICAL SPRING - March 1st is the beginning of Meteorological Spring. Even if it is still three weeks before Astrological Spring arrives, my mind has already turned the page and there is a spring of optimism in my steps and my mind.



2019 03-02, 4145 - HIGH BANKS - The snow banks on the old road are about as high as I have seen them. That is also true on all the roads and driveways throughout the valley. One needs to be extra vigilant as they navigate their way about. It is always good to be vigilant whenever navigating through life.



2019 03-03, 4146 - PLENTY OF SNOW - This has been a banner year for snow and there isn't much room for more. Still, that is what Nature has blessed us with this winter and despite its inconvenience, the snow provides a vast beautiful white landscape to remember when the temperature is in the 90s.



2019 03-04, 4147 - NOT MANY VISITORS - There have not been a lot of visitors lately to the trails on the mountainside at the Center. The snow has almost filled up the parking lots, and yet few hardy souls find their way to the woods. I am looking forward to when we can hike again.



2019 03-05, 4148 - ALMOST COVERING UP THE SUN - The snow cover is so deep that it is almost covering up the sun. The sun I'm referring to is a trellis my wife can see out her office window. In the summer it has a wild rose growing up it. Now it becomes the hope of spring as the melting snow disappears.



2019 03-06, 4149 - YOU ARE A LIGHT - You find positive things to say even when you may not feel that way. You find people and animals feel safe around you. You have learned to feel heartfelt gratitude and you live in a world filled with miracles. Your light is helping change the world.



2019 03-07, 4150 - WINTER LOW TIDE - We took a recent short trip to the ocean just to connect. We arrived at low tide with calm waters and a beautiful winter scene of snow-covered rocks on the shore. I was reminded that being aware of the moment can bring about beautiful, inspirational discoveries.



2019 03-08, 4151 - PEACEFUL COVE - Less than a month ago we parked our vehicle in the same spot. The wind was howling, and my wife didn't even get out of the car as the high tide's waves crashed on the shore. This time during low tide we experienced a calm, peaceful scene. The memory of this peace stayed with us.



2019 03-09, 4152 - NARROWING PASSAGEWAYS - The normally wide paths and roadways of summer have become narrow with the snows of winter. We do not have the options of walking that we will have when the snow melts. Life can sometime feel like options are nonexistent until we open to possibilities.



2019 03-10, 4153 - STILL HANGING AROUND - The winter snow is still hanging around as we approach spring. The split rail fence at the Center is almost all covered. I am reminded of things in our lives that still hang around after it is time for them to go. We don't have to wait for Nature to make changes.



2019 03-11, 4154 - ANOTHER DAY ANOTHER STORM - It seems as if this winter has been a constant succession of storms, but now that March has embraced daylight savings and the sun is getting warmer, I think of the storms now as a memory of the past. Time helps put distance on memories.



2019 03-12, 4155 - A WELCOME SIGHT - Finally, the ritual of maple tapping has begun. It is a welcome sight after the long winter. Soon there will be sweet treats to sample. Every day contains some kind of welcome sight when we are mindful to discovering it.



2019 03-13, 4156 - A PERFECT MORNING - My intention each morning is to awaken with the feeling of gratitude. My expectations are for miracles to take place as I am guided through the day, and when I saw the beautiful sunrise and alpine glow on the mountains, I knew I was being guided through the day.



2019 03-14, 4157 - DRIP DRIP DRIP - The snow is melting off the roof one drop at a time. Soon, there will be so many drops that they form a small stream of water that eventually becomes a river that merges with the ocean. Just as the spring melt progresses, so do goals happen, one step at a time.



2019 03-15, 4158 - MARCH MADNESS - When I think of March Madness, it is often about the college basketball tournaments, both men and women. Then there is the other form of March Madness here in the mountains when spring and winter collide, making the weather unpredictable, like life.



2019 03-16, 4159 - THE PATH TO SWEETNESS - I can see the path to sweetness out my window where the gatherers of the maple sap walk with their snowshoes. I know that soon there will be fresh syrup to enjoy. There is always something sweet in life to sample if we are willing to taste it.



2019 03-17, 4160 - THE UGLY BEAUTY OF SPRING - Parts of spring are not beautiful at all and in fact are quite ugly, such as the brown snow and trash on the side of the roads. Life has two sides to it, and when we realize we are on the ugly side, we can consider changing it.



2019 03-18, 4161 - PLANNING AHEAD - I watched the process of tree tapping from my window and realized they were planning ahead by drilling the holes close to the snow pack so that over the next few weeks as the snow melts, they will be able to comfortably empty the sap. Planning ahead can make life easier.



2019 03-19, 4162 - EVER WONDER WHAT'S IN THE CLOUDS - Have you ever wondered what is hidden in clouds besides moisture? Some people think they are a cover for alien space ships while others think it may be a safe place to travel in their minds. It is a mystery to me, just one of many.



2019 03-20, 4163 - SPRING FORWARD - Finally, we have reached springtime. Now it is time to focus on the promises the season brings; time to set goals for the weeks or months ahead; time to rediscover life again every day.



2019 03-21, 4164 - THE WINDS OF MARCH - The winds of March are blowing through the valley, signaling changes taking place. The snow is somewhat reluctantly beginning to disappear, and the hints of warmer days ahead are becoming a reality. It is a time to embrace positive changes in many aspects of our lives.



2019 03-22, 4165 - SOMEWHERE UNDERNEATH THE CROCUS WAIT - Somewhere underneath the massive pile of snow there are crocus waiting to bloom. They are already later than I have seen in the past. It just goes to show that each year, as well as each day, in our lives is a little different.



2019 03-23, 4166 - COMING INTO FOCUS - Now that spring has arrived, I can turn my attention to all the changes that will shortly be coming into focus, such as the buds on the trees, the rising waters in the rivers, and the receding snow. Now is the time to focus on the goals I have set for warmer weather.



2019 03-24, 4167 - CREATING A MIND APP - In today's world of downloadable apps on most every subject imaginable, including meditation apps, we often forget that we can create apps for our mind to experience whenever we feel the need. All it takes is the feeling of gratitude felt in our hearts.



2019 03-25, 4168 - SCREEN SAVERS CAN MAKE GREAT STRESS RELIEVERS - Every time we take a trip, whether close to home or far away, I take a lot of photos to help me remember the experiences I we have. My wife creates slide shows as screen savers that help bring back these positive experiences.



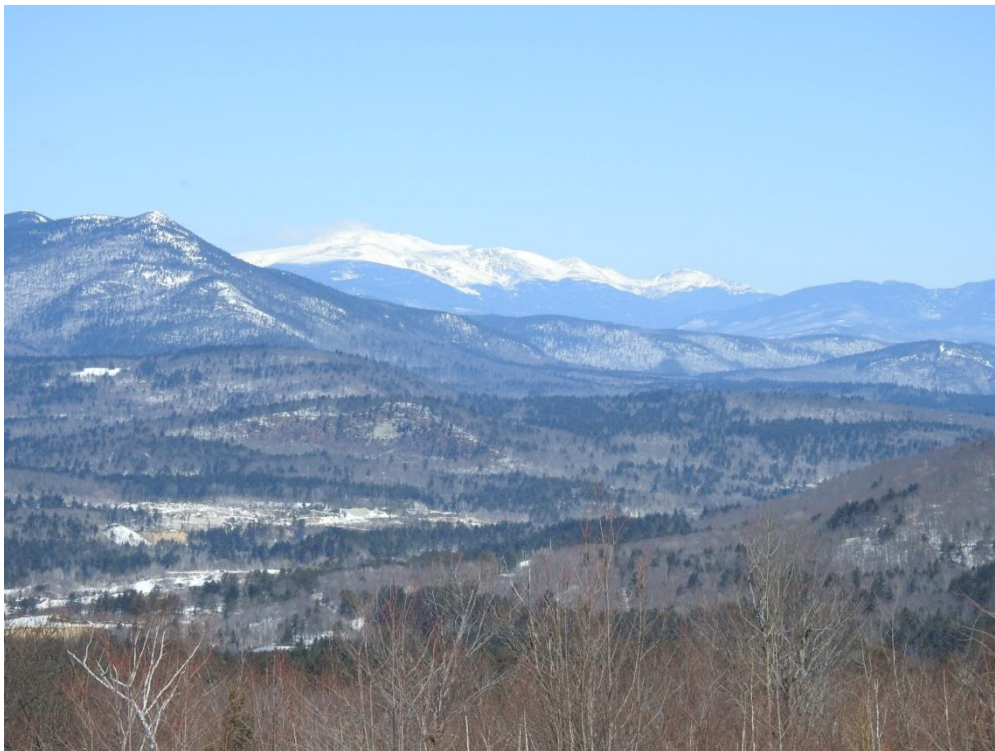
2019 03-26, 4169 - ILLUSIONS - A large rock at the edge of a parking lot caught my eye. From where I stood it look like a rough carving of a turtle. My wife agreed. From a different angle I realized that it was not what I thought I had seen. Life has more than one view.



2019 03-27, 4170 - BLENDING OF THE SEASONS - The gray morning on the coast of Maine appeared magical as the seasons blended together with a light snow falling against the backdrop of red spring buds on the shrubs on shore. Life is a constant blend of seasons as we mature, and discover the magic.



2019 03-28, 4171 - WINTER STILL HANGS ON IN THE MOUNTAINS - After what seems like months I walked on the frozen snow to the top of the mountain and gazed across the valley where winter still hangs on. The cold breeze on my face warmed my heart as I welcome many more hikes as the snow melts.



2019 03-29, 4172 - SPRING HOUSE CLEANING - We walked on top of the frozen snow to clean the bluebird houses in the Lupine Field. All four had nests built last year. Now the birds have a fresh start for this year. It was also a wonderful opportunity to clean and clear our minds at the same time.



2019 03-30, 4173 - FLOATING FREE - I watched the tiny iceberg floating with the current, having broken free in the warm spring air. It was on a short adventure until it returned to being one with the water. It is a wonderful time of year for our ideas to break free from dreams to realities.



2019 03-31, 4174 - WHERE DID THE BENCH GO? - Recently when we visited the top of the mountain, my wife thought the bench was missing. Eventually we found the right spot and dug into the snow; it was there out of sight. It pays to look.



2019 04-01, 4175 - SOUNDS COMING FROM THE LOG PILE - On a recent hike we paused by the gate to check on a game camera when I noticed a pile of snow that seemed to be pushed out from under the old log pile. We heard the chatter of bear cubs inside. Gratefully, we moved quietly on.



2019 04-02, 4176 - WHERE IS THE WATER LINE? - I took several photos of this bridge in the morning sunlight and one of them just stood out. It is hard to see where the water line is because the reflection makes it look really tall. We don't always see the realities in life.



2019 04-03, 4177 - SPRING SUNSETS - There is something about the brilliance of spring sunsets. The energy in the sky is electrifying and inspiring. The promise of warm summer evenings is now on the horizon of my mind. Nature has so many ways of inspiring us.



2019 04-04, 4178 - WHO TOOK THE SELFIE? - When we opened the pictures from one of our game cameras, we found a very interesting selfie. I'm not even sure what kind of animal it is. It appears to have rounded ears and is not overly large - just another mystery that Nature provides for us to investigate.



2019 04-05, 4179 - VIEING FOR THE FLOCK - Usually there is one dominant male turkey that guards his flock of females during mating season, but recently I observed two males strutting their stuff behind the females. My thoughts turned to humans that vie for attention, as well as those that shun the spotlight.



2019 04-06, 4180 - A COUNTRY ROAD IN SPRINGTIME - I remember the romantic words of John Denver's "Country Road", but this time of year the county road on the back side of the mountain is a muddy road! It is like the road of life we travel. It is good to watch out for and not get mired in the muddy spots.



2019 04-07, 4181 - CHANGES SOMETIMES COME SLOWLY - We revisited the Lupine Field a week and a half after the first time this spring and noted that everything looked about the same, Winter was still there. Change in life often seems to be very slow and yet it is happening when you stay the course.



2019 04-08, 4182 - NATURE CLOSES ITS ICE SCULPTURE GALLERY FOR THE SEASON - It has been a great winter for Nature's ice sculptures throughout the season. Now it is getting ready for a new spring exhibit, and I can't wait to discover the beauty that will unfold.



2019 04-09, 4183 - DOING THE SPRING DANCE - The weather in April reminds me of what it was to learn to dance many years ago when we moved two steps forward and then one step back, repeating the process up and down the dance floor. One can use a sense of humor when doing the dance of spring!



2019 04-10, 4184 - ON THE PROWL - The game camera captured a red fox on the prowl, searching for a meal. I feel like I am on the prowl when I walk the land in search of discovering something special in Nature that also applies to aspects of my life. There is always something new to discover.



2019 04-11, 4185 - IT IS TIME FOR THE JAWS OF WINTER TO LET GO - The jaws of winter have had us in its icy grip even though we are part way through April. It seems like a setback, but I choose to be optimistic that the weather will soon change. Then again, I choose to be optimistic about life.



2019 04-12, 4186 - WHAT I THOUGHT IT WAS WASN'T - Many times when I observe Nature, I think I am seeing something that, when I look through a telephoto lens, I find out it wasn't what I thought it was. In life we often find out that what we think is, isn't. It is always good to get a second view.



2019 04-13, 4187 - TIMBER HARVEST - A large section of land across the valley caught my eye. It had experienced a timber harvest recently, accented by the recent snowfalls. I thought back to a couple of hundred years ago when most of the land had been cleared. I harvest ideas from the land daily.



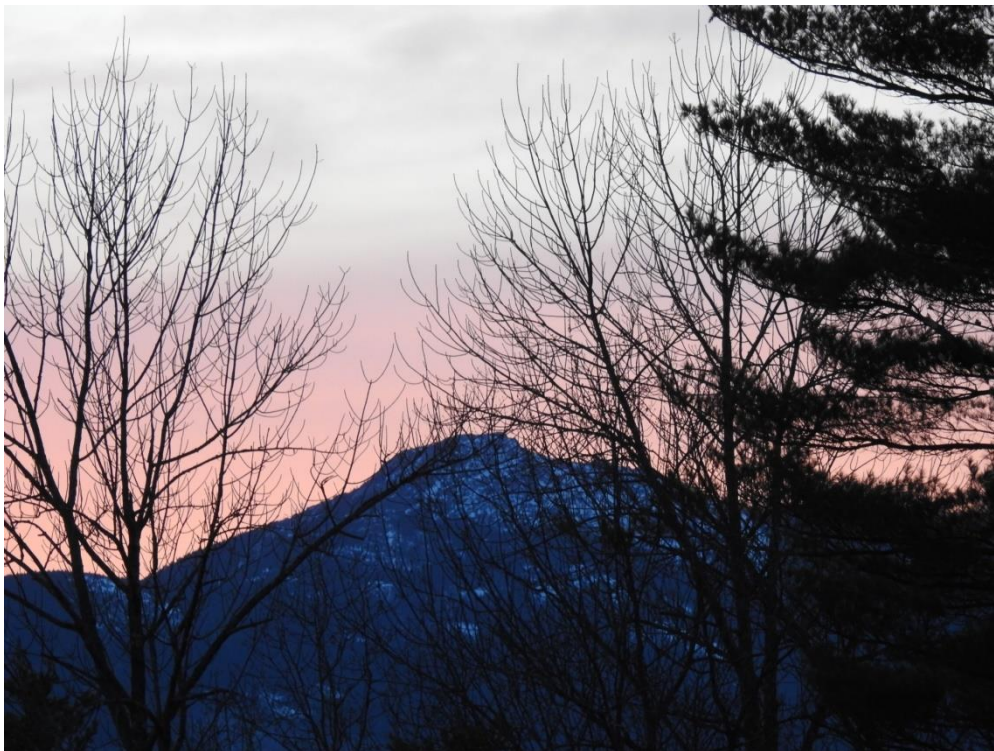
2019 04-14, 4188 - LINED UP - In a recent photo I took on the Maine coast I noticed that the dock and the bridge appeared to be lined up, but things were not as they appeared. The bridge completed the journey across the river and the dock went only half way. Sometimes life is not as it appears.



2019 04-15, 4189 - LOST BUCKET - At the end of tapping season the tappers retrieved their sap buckets but overlooked one that had pulled out of the tree. My wife discovered it and we will return it to the owner. I think of all the thoughts that we lose in our minds and those we find again.



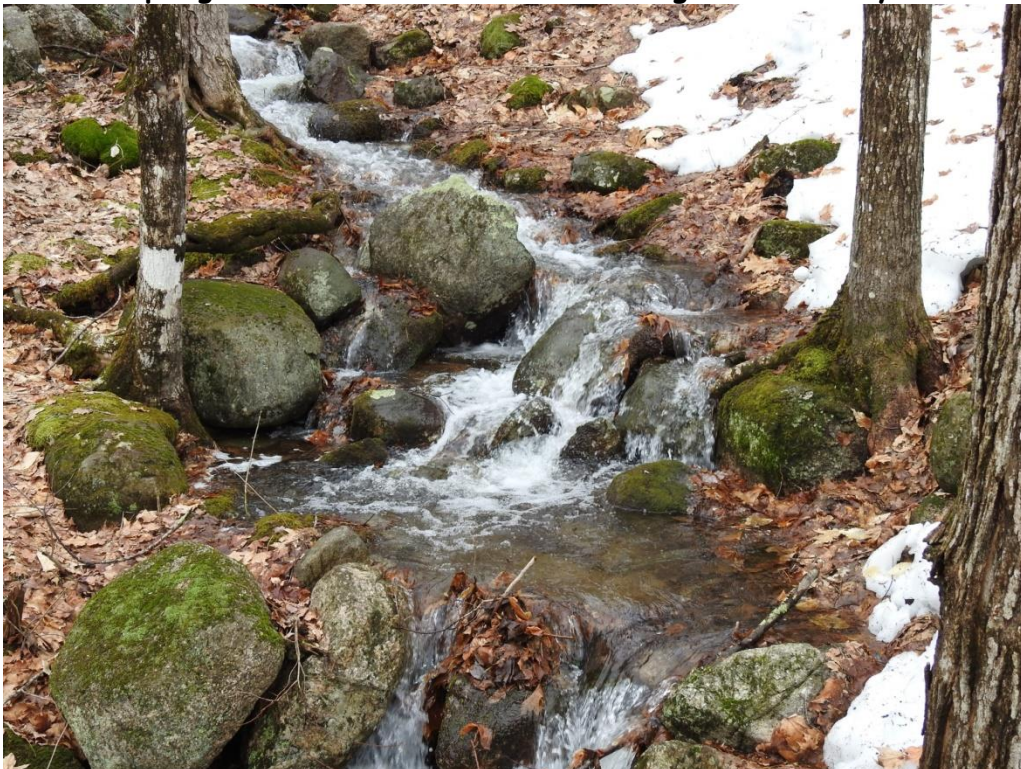
2019 04-16, 4190 - FADING GLOW - By the time I was able to take a picture of the beautiful sunset, the glow had faded, but the scene was still beautiful and peaceful. We often overlook the less brilliant aspects of life, but they are still beautiful and often supported by a peaceful inner glow.



2019 04-17, 4191 - PUSHING THROUGH - Finally, the plants are beginning to push through the soil in their search for light. It is a time for renewed belief in the positive, not only for the season to come but for the opportunity for the world to grow unconditional love.



2019 04-18, 4192 - THE ROAR OF SPRING - I heard the roar loud and clear when I woke in the morning. I smiled as I listened to the sound of water rushing down the mountainside in the little brook near the house. Spring arrived and the celebration of gratitude in my heart has begun.



2019 04-19, 4193 - OUT TO PLAY - I had been watching for them. Then, like magic, they appeared, playing in the light breeze. I wanted to pet them as they danced in the sun. The long-awaited pussy willows have made their presence known.



2019 04-20, 4194 - FULL MOON REFLECTIONS - The full moon, filled with energy, reflected over the open water casting out a stream of light. It reminded me of how people that let positive light shine through them can change the world.



2019 04-21, 4195 - WHITE LILY - A white lily is a symbol of religious celebrations as well as the symbol of spring. For me it is the beginning of the opportunity to observe Nature's beautiful flower creations that will continue unto the fall. It is another way to feel grateful.



2019 04-22, 4196 - ANOTHER SIGN OF SPRING - Signs of spring are all around us, some welcome and some not so welcome. When I saw a ground hog munching on the new growth in the lawn I was not overjoyed. I knew it would also eat the flowering plants before they bloom. Yet, I am even grateful for this sign.



2019 04-23, 4197 - OUTLINED BY A RED SKY - My eyes were drawn to the brilliant sunset as I relaxed in my chair by the window. I rushed to capture the image with my camera, and returning to the spot outside as the sun dropped behind the big mountain, my heart felt joy in the moment.



2019 04-24, 4198 - STANDOFF - We have had quite a show by the turkeys this spring. The males have been sparring with others to attract the females. I watched two puffed up in a standoff and thought of how we often have standoffs in our minds, but we can compromise with ourselves.



2019 04-25, 4199 - SURVIVORS - Finally, the crocus have found their way to the ground's surface and are blooming once more, showing their will to survive over adverse conditions. They remind me of the human spirit that many have to survive in the harsh conditions of life. I am inspired.



2019 04-26, 4200 - HAWK EYES - I studied the red-tailed hawk through the lens of my camera as it perched on a branch searching for prey, its eyes piercing the landscape. I thought of how I search the landscape looking for something in Nature that teaches me about life.



2019 04-27, 4201 - OLD TOM - The old tom turkey was puffed up about as much as he could as he displayed for the hens in his flock while fending off other males. I am reminded how humans like to puff up with knowledge or abilities. It is important to remember that we may not be the source, just a part of it.



2019 04-28, 4202 - THE RETURN OF A SPECIAL BIRD - A flash of bright blue in a bird feeder caught my eye and I saw a special bird, the male Indigo Bunting, for the first time this spring. It visits for a short time before moving into the woods for the summer. I appreciate the beauty that nature provides.



2019 04-29, 4203 - SUNSET STUDY - I love to study sunsets, sunrises, as well as clouds in the sky. I am grateful that I have so many opportunities to attend nature's artistic exhibits. Studying Nature is really about studying all life itself, including the human side.



2019 04-30, 4204 - THE FIRST BOUQUET OF SPRING - I have been waiting for a month or more for the daffodils to bloom. I consider their yellow blossoms to be the first bouquets of spring. Perhaps they will linger for a while as the season progresses. Each day I will be grateful.



2019 05-01, 4205 - A LOT TO LOOK FORWARD TO IN MAY - Usually May begins with green leaves and flowers bursting into bloom. Not this year; there is a lot to look forward to as the month progresses. In dull spots in life there is always the opportunity to anticipate positive change.



2019 05-02, 4206 - A GIFT FROM THE TURKEYS - On a recent walk-a-bout I saw a turkey feather on the ground, and I knew that it was a gift left there for passersby to appreciate. It is a safe place for people, wild animals and birds to visit a positive environment.



2019 05-03, 4207 - HEARTBREAK HILL - We have an old skidder road on the mountain that was our first trail and is very steep; one has to stop to rest every few feet when climbing it. We don't use it any more as we have alternative ways that are much easier. We can make choices in life as to how we choose our path.



2019 05-04, 4208 - WOODPECKER HEAVEN - There is an old dead tree riddled with holes I call Woodpecker Heaven. It has nourished many birds over the past few years. Walking the land, I always feel gratitude for the old dead trees that still play a role in Nature.



2019 05-05, 4209 - THERE IS STILL BEAUTY IN THE PUSSY WILLOWS - Even though the furry blooms of the pussy willows have disappeared, the mature remnants have a unique beauty as they sway in the breeze. Life at all stages has beauty.



2019 05-06, 4210 - HOUSING BOOM - There is a housing boom taking place on the mountain. There homes have been constructed by our son for the bird population that has discovered the safe environment we promote. I look forward to observing the increased activity of the new families settling in.



2019 05-07, 4211 - A SPLASH OF YELLOW - As we transition into the greens of late spring, the bright spots at the moment are the splashes of yellow that dot the landscape in the form of forsythia. In life there are always splashes of color to be found, no matter what the season.



2019 05-08, 4212 - SPRINGING TO LIFE - The mountainside, even though it is behind schedule, is finally soaring to life. There are tiny lupines in the field and red maple blossoms helping to change the color of the landscape. Ideas are also springing into actions as goals for the upcoming seasons.



2019 05-09, 4213 - DANCING AROUND THE MAYFLOWERS - Just a few feet from the Memory Bench at the corner of the Lupine Field, we discovered the first mayflowers of the season. My heart did a little dance of gratitude as I enjoyed this special moment in Nature.



2019 05-10, 4214 - PREENING - I watched three ducks preening on a rock at the ocean. I felt joy and relaxing peace as I realized I was preening my mind as the ducks groomed their feathers. I smoothed out negative and racing thoughts as I prepared to continue my day.



2019 05-11, 4215 - TEMPORARY ISLAND - I watched the island of sand disappear as the tide came in. I thought of how we often see situations in life that we think will be long lasting but turn out to be only temporary. We need to be aware of the seas of life so that we don't become stranded.



2019 05-12, 4216 - THE EVOLUTION OF SPRING CONTINUES - Spring continues to evolve at a slow pace, two steps forward and one step back. The maple trees will soon drop their seeds ensuring future generations as allergy season causes stuffy noses. Still, there is new beauty to discover every day.



2019 05-13, 4217 - MEDITATING BY THE SEA - We sat on a bench by the sea, taking in the vast beauty in front of us. My mind and my heart felt an ancient connection to distant journeys in my soul. As we continued our walk the feelings lasted, and I felt rejuvenated.



2019 05-14, 4218 - HIDDEN MESSAGE - I often wonder if there is a hidden message in the marks on the stone head that found me on the mountain several years ago. Psychic friends have sketched the images in their minds from the past. Whether or not there is something hidden, it engages my mind.



2019 05-15, 4219 - COOL WEATHER SEEMS TO HELP THE FLOWERS LAST LONGER - The cool weather this spring has helped prolong the life of the daffodils. I have enjoyed their bright blooms for a couple of weeks. Another benefit is less chance of wildfires. There can be a balance between Nature and life.



2019 05-16, 4220 - THE LOOKOUT - I paused a few moments to watch and photo a seagull as it stood on a rock looking out at the sea. I wondered what was in its mind as I took in its beautiful features. Then I moved on to the next moment in my mind with appreciation for this experience.



2019 05-17, 4221 - SEARCH FOR PROOF - I love to search for proof regarding the mysteries of life. One of those is why do plants appear again each year. I found the proof that the lupines are still alive on the mountainside when I found the plants. I knew they were there, but it was nice to see them again.



2019 05-18, 4222 - ADDING SOME COLOR AROUND THE MEMORY BENCH - Last fall we planted some daffodil bulbs near the memory bench beside the Lupine Field to add some color in the spring. It is good to add color to life, whether it's plants, color on walls, or a simple smile or kind words for others to enjoy.



2019 05-19, 4223 - IT'S A MATTER OF CHOICE - I had a choice of two different benches set back to back facing different views of the ocean, depending on the location of the sun or the direction of the wind. We have many choices in life if we take the time to listen to our hearts.



2019 05-20, 4224 - CORNER STONE - In back of the Center at the top of the foundation is a block of granite with a marble set into its surface. It represents a corner stone of belief that the building and the land is a place where people can focus on the principles of positive mindfulness.



2019 05-21, 4225 - WHAT DO YOU SEE WHEN YOU LOOK IN THE MIRROR? - When I look in the mirror, I do not see myself as I look to others. I only see myself as I really am when I see a photo with me in it. I prefer to feel and see myself in my twenties.



2019 05-22, 4226 - LIVING THROUGH YOUR HEART - Heart signs in nature remind me to pause for a moment and breathe unconditional love into my heart. The key to maintaining this Cosmic love is to be mindful of its existence. The more you are mindful, the more your heart will feel positive energy.



2019 05-23, 4227 - PAUSING BY THE LAKE - I paused by the lake to admire the flowering tree with the water in the background and to capture the image with my camera. It was a brief moment to take in the beauty of Nature and to rejuvenate my mind.



2019 05-24, 4228 - THE SOFT COLORS OF SPRING - The soft colors of spring have finally emerged across the valley. The new growth symbolizes the opportunity for us to create and grow fresh new ideas for positive changes, beginning with renewed energy.



2019 05-25, 4229 - LITTLE FLOWER, BIG POWER - The blue violets are in bloom. They could be easily overlooked by bigger showy plants, but these small blooms are a welcome sight to me and remind me of people who shy away from the limelight and are often overlooked for their wonderful hearts and abilities.



2019 05-26, 4230 - INDICATIONS OF A GOOD YEAR - The blueberry blossoms indicate that there is going to be a good yield of the tasty fruit this year. I know that some may worry about the future weather or if there are enough bees to pollinate the blossoms, but I choose to see the positive side of potential.



2019 05-27, 4231 - LEST WE FORGET - Usually Memorial Day is filled with the sweet smells of lilacs, but as nature is behind schedule this year, it is the Forget-Me-Nots that remind me to remember and give thanks for all the veterans who have served our country to protect and guarantee our freedom.



2019 05-28, 4232 - PRIMROSES - May is the month that the small primroses shine their bright small blooms in the garden. Soon taller showy plants will hide these smaller beauties. Small positive actions in life have the potential of being transplanted to others, just as we move the primroses around.



2019 05-29, 4233 - WILD CHERRIES - The wild cherries are in bloom, providing nourishment for the insects that enjoy the sweet nectar. Later on the birds will benefit from the fruit. I am given the gift of spiritual nourishment all through the seasons of the wild cherries.



2019 05-30, 4234 - NATURE THROUGH THE EYES OF AN ARTIST - I am fortunate to have a variety of views of Nature created by many different artists in different mediums. I realize I do not see as others do, so it helps me when I study different views of life.



2019 05-31, 4235 - TAKING THEIR OWN SWEET TIME - The lilacs and other flowers are taking their own sweet time in sharing their beautiful blossoms this year. The late spring has put nature's show behind schedule. The again, nature has her own schedule, and I am discovering beautiful buds.



2019 06-01, 4236 - BEAUTY IN THE BUD - Most of us look for fully open flowers to brighten our day, but I have become aware that before the flower opens, there is beauty in the buds. The same is true in the potentials of people. We can help encourage natural talents to open to beautiful flowers.



2019 06-02, 4237 - UNTANGLING TANGLES - I learned many years ago when learning to use a bait cast fishing rod that the line could get tangled easily. It took patience to untangle it. Patience was the key when clearing a tangle partly blocking the trail. Patience can also help us untangle mind tangles.



2019 06-03, 4238 - WATER COLOR - When we think of water color, we often have paintings in mind. In this case, Nature has provided a natural arrangement of water plants; flowers combine with the water in the frog pond as a "painting" for my spirit. It is a reason to pause and be grateful.



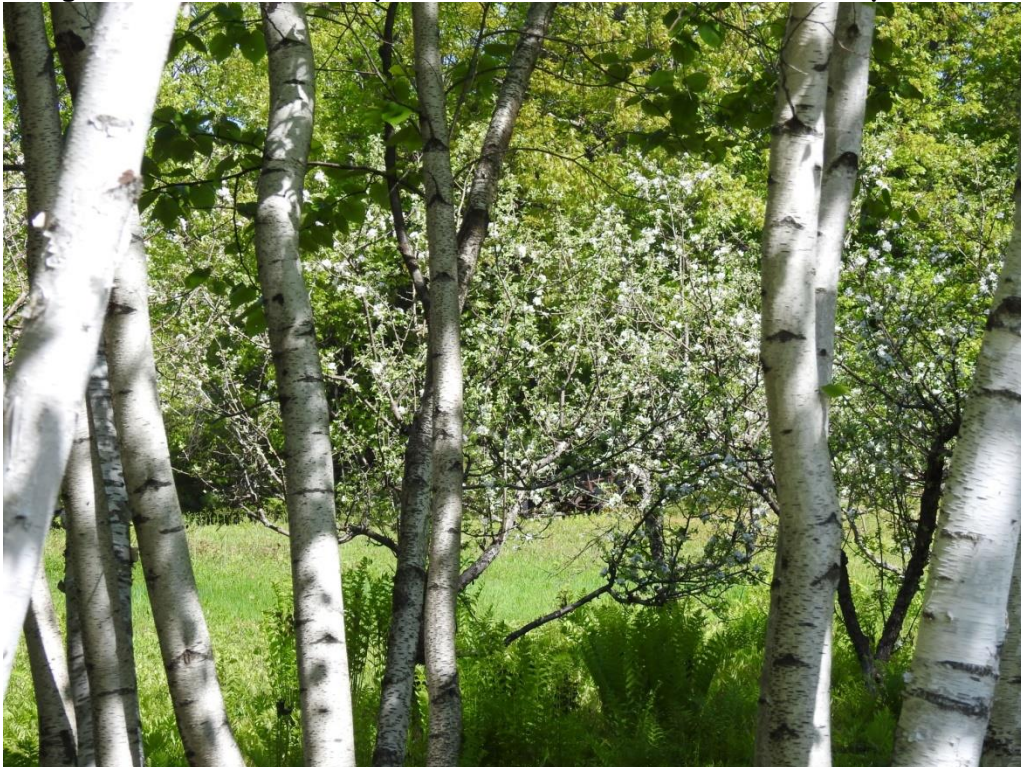
2019 06-04, 4239 - TIME FOR THE RHODE AGAIN - It is a busy time of year, and I am reminded of the Willie Nelson song "On the Road Again". The rhode in the title of this podcast is about the rhododendrons that are now in bloom. They provide an opportunity to pause and appreciate.



2019 06-05, 4240 - FILLING THE AIR - The air is filled with the sweet smells of lilacs, lilies of the valleys, and apple blossoms. Of course, this is also the time when allergies are in full bloom. If you experience smells and can remember them, you can fill your mind with fresh starts anytime.



2019 06-06, 4241 - WHITE BIRCHES AND APPLE BLOSSOMS - I am always searching for the perfect picture in Nature, and when I saw the apple blossoms through the white birches, I looked for the perfect angle. Life is like a 3D picture that we can frame and step into to experience.



2019 06-07, 4242 - KEEPING AN EYE ON THE NEIGHBORHOOD - On a recent walk through the orchard we noticed a small head peeking out at us from the opening in a bird house. It was, I think, a barn swallow, nesting and keeping a watchful eye as we passed by. It was a good feeling to know she was there.



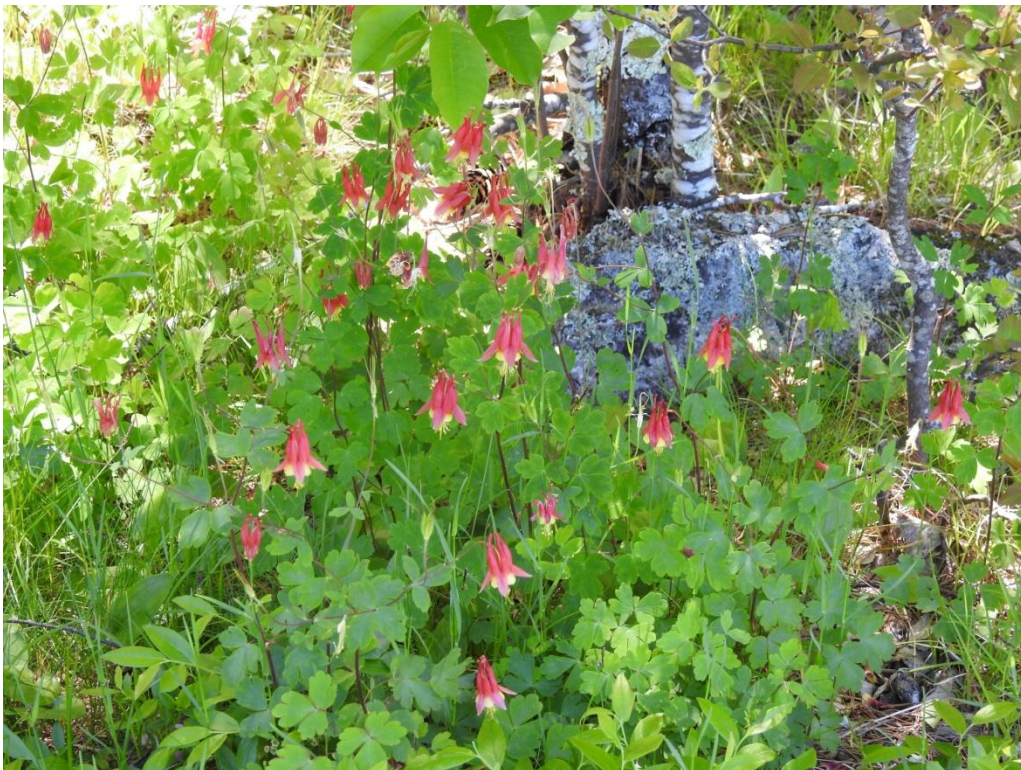
2019 06-08, 4243 - PINK TREASURES - I am always filled with joy and gratitude when I discover the pink treasures of the mountain again for the first time. The lady slippers are holding court in a corner of the orchard among the ferns. Life has many treasures with many different colors to discover again.



2019 06-09, 4244 - PORTRAIT OF AN IRIS - I love to take picture portraits of flowers, and the iris is one of my favorites. It is a way for me to get up close and connect with what I am photographing. When we begin to look closing at people, we can discover how unique each human is.



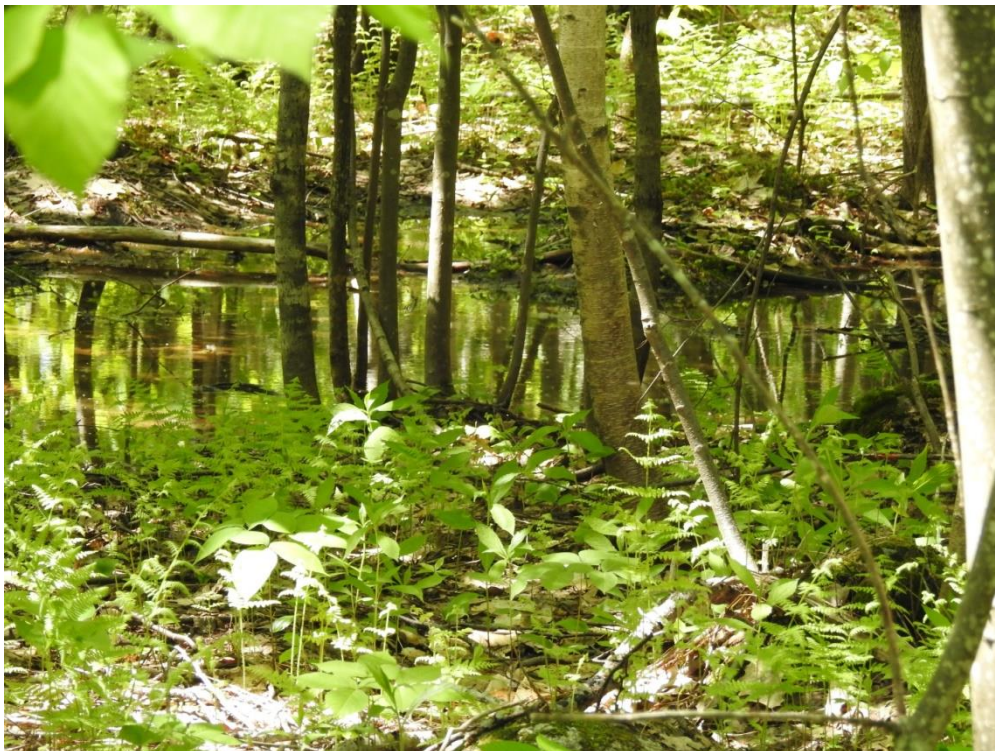
2019 06-10, 4245 - NATURE'S SECRET GARDENS - On the top of the ledges nestled into the side of the mountain is a beautiful secret garden of red columbines. Only a few people will discover them. Nature has a lot of secret gardens waiting to be discovered when we take the time to notice.



2019 06-11, 4246 - A SHORT PAUSE TO REFLECT THE BEAUTY OF NATURE - Two friends paused during their hike to rest on the bench overlooking the Lupine Field. One was a frequent visitor and one was there for the first time. There are many places to pause and take in the beauty of life.



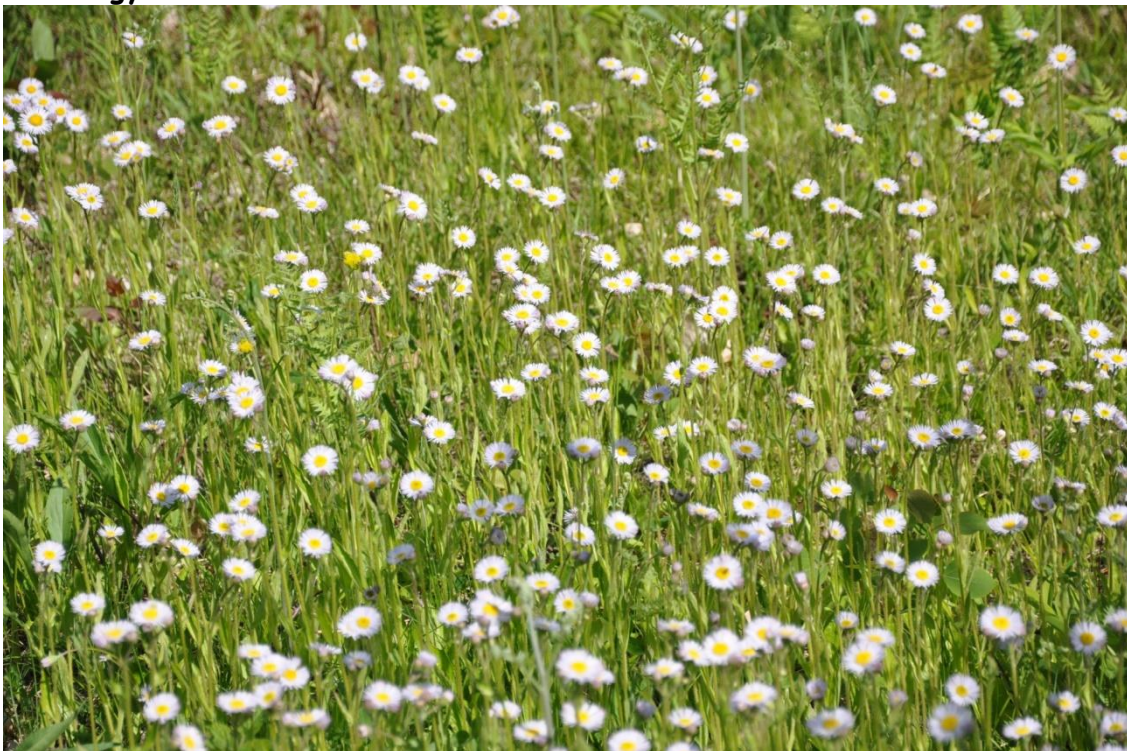
2019 06-12, 4247 - LITTLE POND - In late spring the melting snow and rain causes water to run off the mountain and creates a little pond just off the road to the orchard. With the cutting of trees and moving of soil and rocks, I believe the little pond is a reality all year. Thoughts are a form of reality.



2019 06-13, 4248 - ONLY A LITTLE BIT LONGER - Sometimes time passes slowly and sometimes time is but a fleeting moment. It is only a little bit longer for the lupine to be in full bloom and then only a fleeting moment of time to experience their beauty. When we take the time for a moment, we preserve it.



2019 06-14, 4249 - THE FLOWERS IN THE ORCHARD - There is a patch of wild asters that bloom every year in the same place in the orchard. They greet me as I pass by and I smile back at them. They serve to remind me that there are many flower patches in life just waiting to share their positive energy.



2019 06-15, 4250 - HUNGRY EYES - The hungry bear eyed the suet, but the ladders I had placed fell over when it tried to climb on them and scaring him off. We have wild berries on the mountain that will provide nourishment for the wildlife, giving both them and us the space needed to co-exist.



2019 06-16, 4251 - A VISIT TO THE LUPINE FIELD - I hiked to the Lupine Field between rain drops to check on this year's display and was not disappointed. The flowers, although not yet fully open, created a peaceful scene as I watched the swallows swoop through the air. Nature is truly medicinal.



2019 06-17, 4252 - A HEART IN THE WALL - A rock that I spotted in the stone wall looked as if it had recently been unearthed. It did not have the weathered gray of other stones close to it. I wondered if Nature put it there to remind me of the unconditional love that flows from the Cosmos.



2019 06-18, 4253 - GIANT ROOT ARCH - A year and a half ago, winter winds and freezing snow caused several giant pine trees to topple over. One uprooted tree created a giant arch as its trunk was torn out of the ground. It provides hikers a moment of wonder creating a brief escape.



2019 06-19, 4254 - THE GALLERY IS OPEN - This is the eighth year that the Lupine gallery has been open. It started with a dozen blooming plants that have now spread across the entire field. You can have a gallery of a single plant or an entire field by growing it or visiting one.



2019 06-20, 4255 - PATH AROUND THE FIELD - I hauled the field mower up the mountain and slowly cut a path around the Lupine Field so hikers could see the beautiful flowers from a different angle. It is good to see life from more than one angle so we can experience the whole picture.



2019 06-21, 4256 - THE VIEW FROM THE PATH - I paused along the new path I had recently cut at the edge of the Lupine Field to enjoy the beautiful flowers from a different angle. Nature is a great place to pause and get a different view of life situations that we encounter along our soul's path.



2019 06-22, 4257 - A SPECIAL DISCOVERY - As I approached an old pine stump at the edge of the Lupine Field, I discovered a small room someone had created to honor the fairies that I knew lived there. Anyone with a special childlike appreciation for nature has the opportunity to be aware of them.



2019 06-23, 4258 - THE FIRST LILY OF SUMMER - Finally, after a long winter and spring, the first lily, a bright yellow one, has bloomed. I know that this is the beginning of a succession of different colors lasting into September. I am grateful to have the opportunity to watch the show.



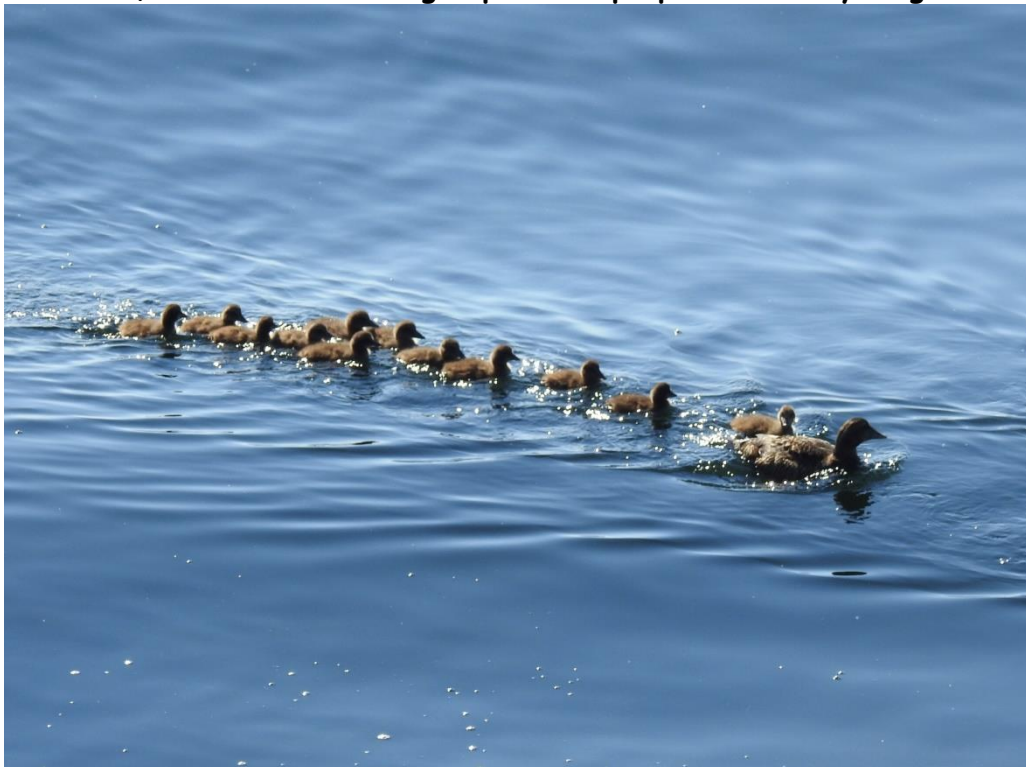
2019 06-24, 4259 - IT'S THE YELLOW FLAGS' TURN - It's the yellow flags' turn to spread their sunshine in the frog pond. Hidden from view at the entrance of the Center, they are a welcome sight out the window of the Gallery Room. I will make a point to visit them while they are in bloom.



2019 06-25, 4260 - FLOWER FACES - I wonder if flowers have personalities. I noticed tiny faces on the blooms of a plant I was photographing. Many believe that all living things have awareness. Nature sure gives me a lot to wonder about.



2019 06-26, 4261 - DUCKS IN A ROW - I watched the long line of ducklings with their mothers keeping watch over them as they swam close to the shore. I wondered where the old saying "Time get your ducks in a row," came from. This group looked prepared for anything.



2019 06-27, 4262 - ON A LATE JUNE EVENING - I walked to the Lupine Field on a late June evening, and even though the blooms had begun to fade, it was still a beautiful peaceful scene. The swallows crisscrossed the opening, gathering insects for their young. My heart was full of joy.



2019 06-28, 4263 - WEDDING FLOWERS - I wonder if many years ago when we did not have access to flower shops, if the bridal wreath shrub that blooms in mid-June was the natural choice for decorating for the many weddings that took place this time of year. Times have changed in many ways.



2019 06-29, 4264 - THE QUEEN - Another member of the royal family of flowers is now holding court on the mountain. Queen Ann's Lace is in bloom and will continue to rule the land throughout the summer. The rule of flowers brings joy and gratitude to my heart.



2019 06-30, 4265 - FROM FLOWER TO FRUIT - I noticed as I was photographing blackberry flowers that the tiny fruit had already started to form, and I was reminded how ideas in our minds start as tiny fruit that when grown to maturity have the opportunity to nourish many.



2019 07-01, 4266 - PASSING BY THE WINDOW - My wife made a photo collage of animals that passed by our window closest to the woods over the past few weeks. Most of them we did not realize had come that close to the house. There is a lot in life that is real but remains unseen.



2019 07-02, 4267 - BIG FLOWER, DELICATE SMELL - I am always amazed by the large peony flower which has such a delicate smell. I recently enjoyed a walk where there were several of these plants in bloom. I paused to enjoy and be grateful.



2019 07-03, 4268 - KING OF THE COLORS - One of my favorite colors is the deep blue found in iris and sweet pea blooms. It is truly a royal color fit for royal flowers. It is also a wonderful opportunity as I look into the depth of a plant to pause and reflect on many things.



2019 07-04, 4269 - HIDING IN THE FIELD - As I progressed along the path around the Lupine Field, I caught a flash of bright pink. It was a tiny pink wildflowers hiding in the grass. I could have easily missed this hidden treasure if I wasn't looking for the unexpected joys in Nature.



2019 07-05, 4270 - PROOF THAT SEEDS SPREAD - I am grateful that the seeds from flowers I transplanted years ago have spread throughout the portions of our un-mowed lawn. Seeds, including acts of kindness, do spread if we take the risk of planting them.



2019 07-06, 4271 - KEEPING MEMORIES ALIVE - I have become aware over the years that listeners to this podcast often remember events in their own lives with fond recollections. The plants that came from my mother's gardens serve to remind me of positive experiences from the past.



2019 07-07, 4272 - NOT FOR THE FAINT OF HEART - I watched as the limb of a tree close to the house was trimmed by a climber tethered to a rope. The job was not for the faint of heart. Then again, there are many things along our path of life that take courage to take the risk of succeeding.



2019 07-08, 4273 - THE FOXES ARE LOOSE - The beautiful foxgloves are now roaming free on the mountainside. They cast their seeds in the wind to take root wherever they wish. We have the same opportunity with our soul's spirit to let our positive ideas roam free.



2019 07-09, 4274 - REPURPOSING - I enjoy finding new places for items that have outgrown their usefulness. So it was with three dump truck loads of rocks dug out of the land when replacing our septic system. The rocks were reused as fill to help make room for parking spaces.



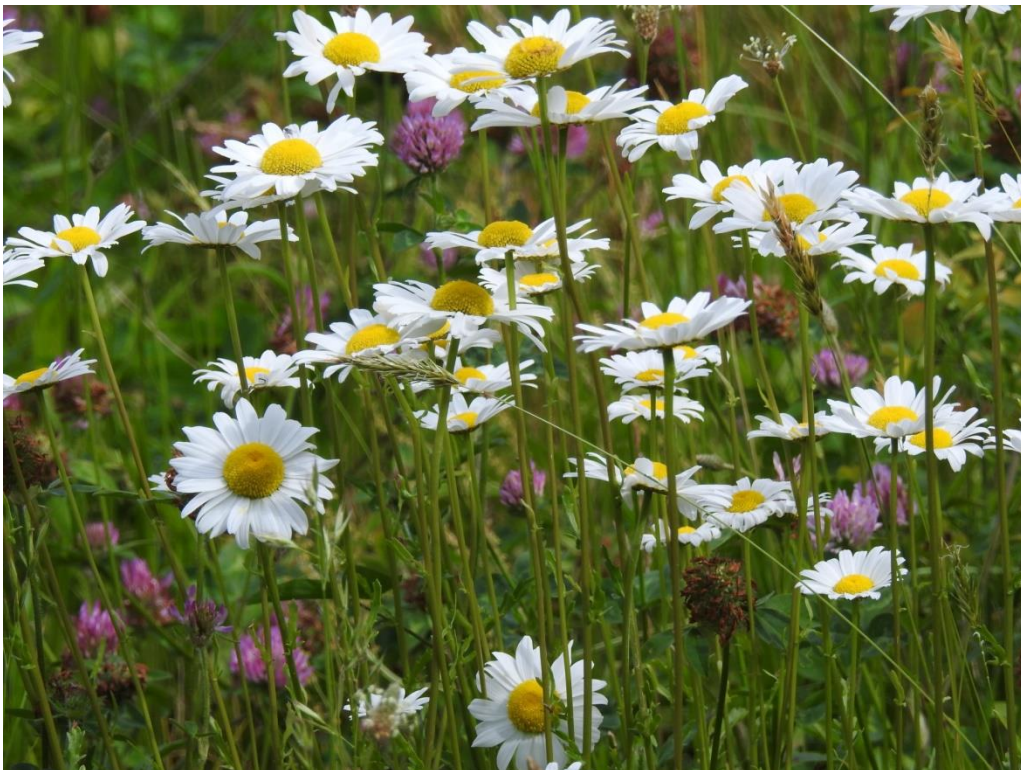
2019 07-10, 4275 - AN EXPENSIVE LUNCH - The new septic system is complete, and the ground is planted with grass seed. There in the middle of this investment three large turkeys stopped by to have lunch. I wondered how much their meal cost us. A sense of humor is a necessity living in Nature.



2019 07-11, 4276 - IMAGES IN THE BARK - Once again my gaze was drawn to the bark of a tree where I focused on the image of an animal. It is an activity I do fairly often, as it gives my mind the opportunity to imagine and wonder how Nature came up with the design.



2019 07-12, 4277 - DAISES AND PINK CLOVER - The photo looked as if I was floating through a field of white daisies and pink clover. Actually, even though my feet were on the ground, my mind was soaring through space and time. No matter what the season, the Lupine field lets my mind soar.



2019 07-13, 4278 - SWEET DELICACIES - The wild strawberries are now gracing the field with their red colors. They are such a sweet delicacy, and I can remember when it was easy for me to bend over picking them for hours to get enough for wild strawberry shortcake. Now I just sample a few, leaving the rest for the birds.



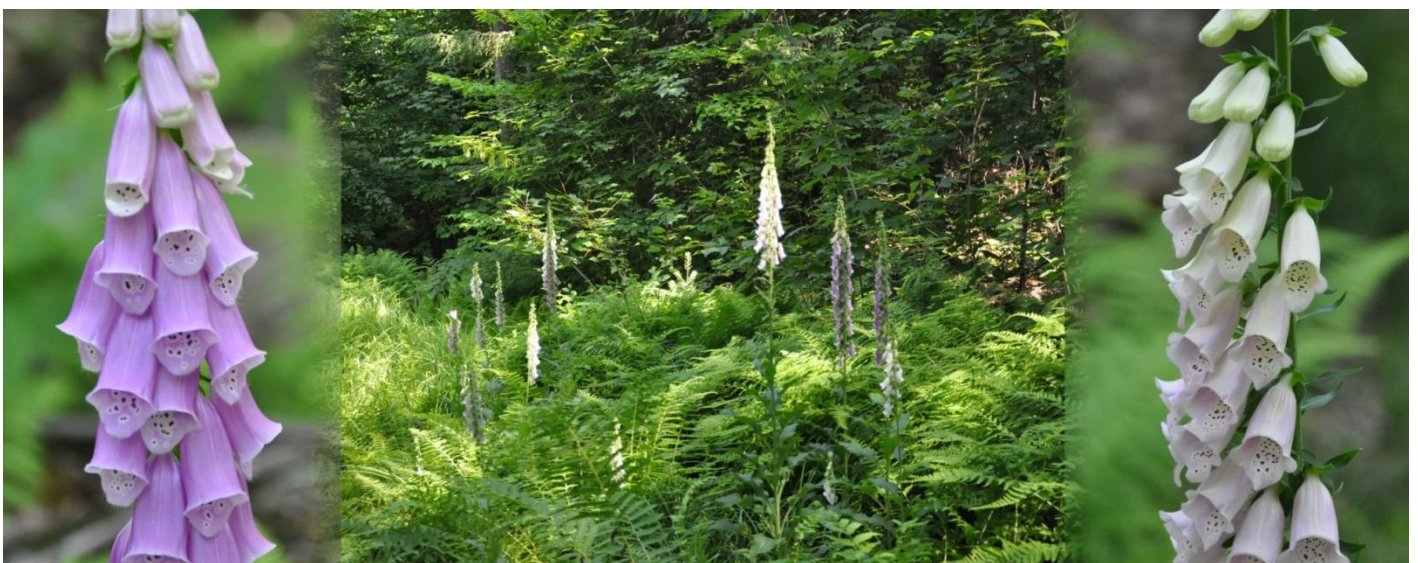
2019 07-14, 4279 - SUMMER WILDFLOWERS - When the Lupine Field was first created, it began with raw earth that was seeded to grass, clover, and of course, lupine with a wildflower mix added in. Now, several years later, the field is brimming with wildflowers creating a beautiful relaxing place in Nature.



2019 07-15, 4280 - CLEARING A BLOCKAGE - The old spruce tree in the middle of Kyle's Trail finally blew over in a winter storm causing a large blockage interrupting the path to the Lupine Field. I finally had time with the help of my chainsaw to systematically clear the trail just as I do when needed in life.



2019 07-16, 4281 - DISCOVERIES WORTH WAITING FOR - Finally it dried out enough this summer for us to take our first trip down Carter's Cut. Rounding a bend, we discovered a beautiful patch of foxgloves. I paused to photograph this beautiful scene, grateful for an unexpected find.



2019 07-17, 4282 - THE STUDY OF WILDFLOWERS - Wildflowers have been the subjects of books, poems, and greeting cards. You can even dry and preserve them. I choose to study them with my camera, usually discovering something new and special.



2019 07-18, 4283 - NATURE'S ILLUSIONS - My eyes caught a shimmering sight as I looked out the window towards the brook. The sun was reflecting the motion of the moving water into the bark of a tree creating the illusion that there was a waterfall coming down the tree. Nature and my mind played a trick.



2019 07-19, 4284 - SUNSHINE IN A FLOWER - The bright yellow flowers that have spread across the Lupine Field look as if they all are filled with the sun. Their warm glow greets me and my heart is filled with gratitude, just as the sun fills the flowers.



2019 07-20, 4285 - ANOTHER ROYAL - As the last of the lupine blossoms fade away, another wildflower has popped up. The crown vetch provides splashes of blue to bring pleasure to the eyes. My part in all of this is to mow every fall to help Nature prepare for the next year.



2019 07-21, 4286 - NATURE IN PUBLIC SPACES - Here in Madison NH we are fortunate to have a Garden Club that creates beautiful gardens in public spaces throughout the town. They help bring Nature into the community, giving those that take the time to appreciate, a wonderful gift.



2019 07-22, 4287 - FLOWERS COME IN MANY DIFFERENT SIZES - I was reminded when I discovered some yellow flowers in the ground cover behind the Center, how many different beautiful sizes that Nature provides. The same thing is true in all aspects of life, including people.



2019 07-23, 4288 - A HIDDEN ROSE - I knew that there was a rose bush growing in a portion of the garden that had fallen into neglect. As my eyes searched through the tangle, I found a single rose blossom. People have hidden qualities that often disappear and are overlooked in the tangle of life.



2019 07-24, 4289 - DOUBLE MOCK ORANGE - There is a double mock orange growing on the property in a place where my wife doesn't want it. She keeps cutting it down, and it keeps growing back. Right now it is in full bloom and beautiful. Often persistence is the key to success.



2019 07-25, 4290 - THE BANE OF THE GARDEN - I read in a flower garden book years ago that the author did not care for orange daylilies. He labeled them the "bane of the garden". I don't feel that way and look forward to them each summer. It is interesting how people view life.



2019 07-26, 4291 - THE BROWN EYES ARE WATCHING - I often feel that Nature is watching me as I wander the land, and this time of year it is easy to spot the brown-eyed-susans in the Lupine Field as I pass by. I am grateful they are there to add color as they watch over the landscape.



2019 07-27, 4292 - A FUTURE SNEEZE - As I passed by the stems of grass ready to release their seeds into the air, I saw potential sneezes for allergy sufferers. It is an illustration of how each of us is affected differently by the Nature of life.



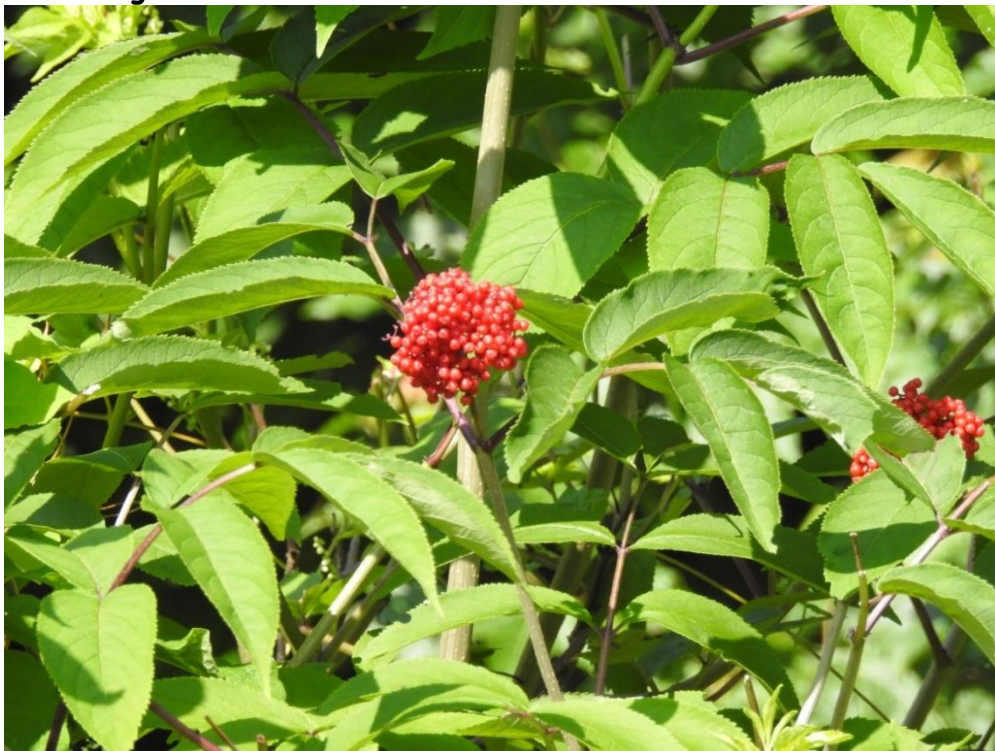
2019 07-28, 4293 - SLOW AND STEADY PROGRESS - Some plants and shrubs take to being transplanted sooner than others such as lilacs and hydrangeas. Some people seem to make strides in life faster than others. Our hydrangeas started out slow and are making steady progress, stay the course.



2019 07-29, 4294 - WAITING FOR THE BUTTERFLIES - The milkweed, now in bloom, waits patiently in the orchard for the butterflies to visit. This yearly ritual is another part of summer. Before long we will ask ourselves where it went as time and the butterflies pass by - time to appreciate the milkweed.



2019 07-30, 4295 - MOUNTAIN ASH - A flash of red caught my eye at the bottom of the Lupine Field where the woods begins. With the new trail close to there I was able to see it was not sumac but a bunch of bright red berries. I researched what I had found and think it is mountain ash, an exciting find.



2019 07-31, 4296 - SUMMER HAZE - The lazy, hazy days of summer are here for us to enjoy. It is a time to slow life down and create a little mind fog, giving yourself a chance to regroup and rejuvenate before the busy late summer-early fall season begins.



2019 08-01, 4297 - EVENING REFLECTIONS - Summer evenings, with perhaps the sounds of crickets or water at the lake or ocean, when the sky changes colors as night approaches, are a wonderful time to pause and reflect on the day and set in your mind positive goals for tomorrow.



2019 08-02, 4298 - RAGGED ROBIN - Crossing the bottom of the Lupine Field, in the northern corner, clumps of tall lavender flowers caught my eye. It was a new discovery in a place not seen from the top of the clearing. Seeing life from a different angle can often lead to new discoveries.



2019 08-03, 4299 - HELP FROM AN OLD FRIEND - Old friends are special. They can be relied on to be there when they are needed. Old friends come in many forms, from people we know to strangers we meet for the first time but seem as if we have known them forever. Friends can be angels and even an old tractor.



2019 08-04, 4300 - A FLOWER OUT OF SEASON - The lupine blossoms have long since faded away, or at least that is what I thought...until I discovered a single plant just beginning to flower. Just like wildflowers, some people come into bloom when it was thought their flowering season was over. Never too late.



2019 08-05, 4301 - CAN YOU HEAR THE BUZZING - The sassy beebalm has a brilliant color that almost seems to buzz. In fact, I often hear the buzz of the bees as they gather nectar from the blossoms. I wonder how many people never take the time to appreciate Nature's amazing day to day life.



2019 08-06, 4302 - MAKE WAY FOR THE BROOD - I have been waiting since the female turkeys disappeared a couple of months ago for them to bring their new broods to hunt for food on the lawn. Recently that day arrived, and now I will enjoy watching them grow over the rest of the summer. Life is renewed.



2019 08-07, 4303 - ANOTHER VARIETY JOINS THE ENTERTAINMENT - I am entertained all summer by the many different varieties of flowers that grace the landscape. I photograph them, study them, and even pause for a moment's grateful meditation. I love to be entertained.



2019 08-08, 4304 - AFTER A PICNIC - We often take a picnic and go up the mountain to enjoy our meal in the peace and solitude sitting by the cabin. It is like entering another time. After a picnic, we often take a walk to the Lupine Field to take in Nature's spectacular evening show.



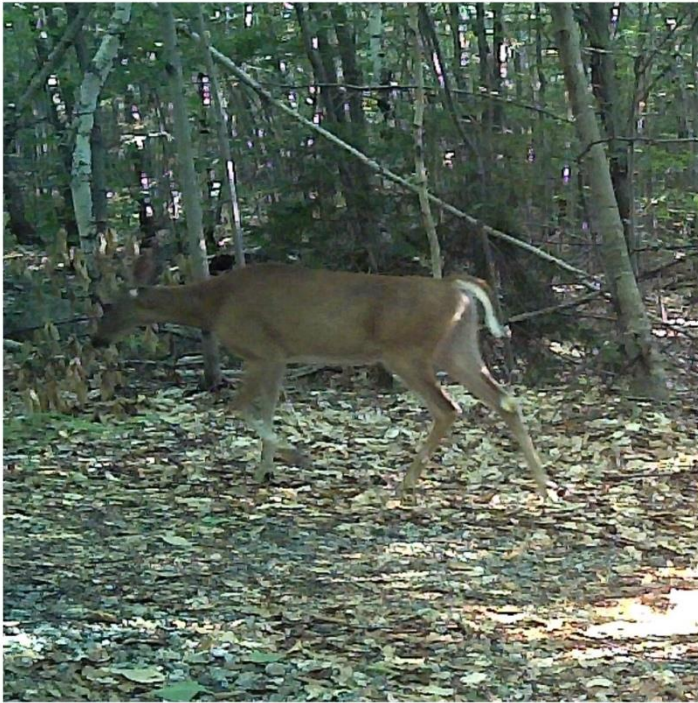
2019 08-09, 4305 - A CLUSTER OF QUEENS - A large cluster of Queen Ann's Lace stood out near the trail that follows the edge of the Lupine Field. I knew the royals were keeping an eye on me along with the Brown Eyed Susan. I often feel Nature is putting on a show just for me.



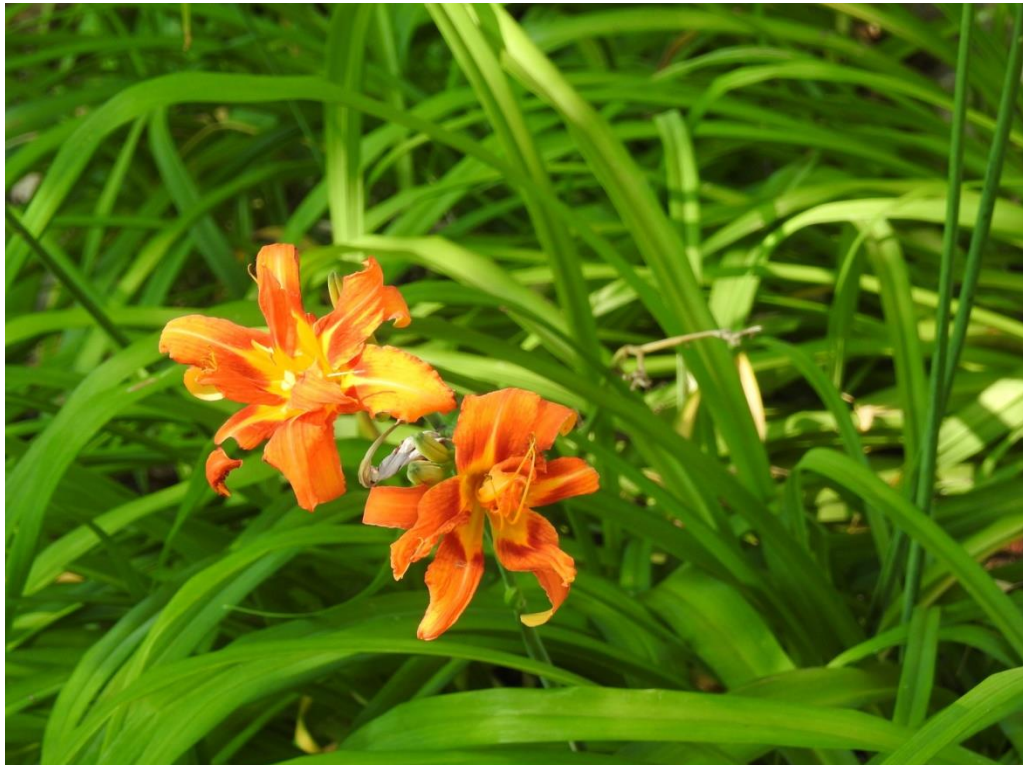
2019 08-10, 4306 - READY FOR A MUFFIN - The blueberries on the mountain are almost all ripe and ready to be picked and enjoyed on the spot or gathered for a future treat like a blueberry muffin. We hope that by the time we have a chance to pick, there will be some left, but my soul is already nourished.



2019 08-11, 4307 - SHARING THE ROAD - Our game camera caught a doe moving along the road, and in the next photo was the blurred image of a spotted fawn trying to keep up. The camera helps us appreciate the animals that exist around us that often go unnoticed.



2019 08-12, 4308 - DOUBLE THE PLEASURE - The double orange day lilies are now in bloom. To me, they are one of the most special of all the lilies that grow on the grounds. They also serve as a reminder that now is the time to appreciate the beautiful flowers of summer before they fade away.



2019 08-13, 4309 - LOOKING INSIDE A HIVE - On the outside of a windowpane at the local historical society, hornets are constructing a hive that shows them at work from the inside. I wonder if we will ever be able to see what the inside of a mind is doing, like this view Nature has provided.



2019 08-14, 4310 - READY FOR THE ROAD - The older side-by-side has been rebuilt and licensed for the road as a special commercial vehicle designated to help us on the trails as well as other projects. It took a period of time to get it accomplished. I believed in the purpose and focused on a positive outcome.



2019 08-15, 4311 - YOUNG BUCK IN VELVET - A young buck with spike horns covered in velvet passed by the trail camera as it grazed in the bottom of the Lupine Field. This magnificent teenage animal was developing its confidence in his world as he matured. I am reminded how we grow in life.



2019 08-16, 4312 - HAVING A SNACK - I paused for a moment to watch and photograph a butterfly having a snack of sweet nectar from a wildflower. It feasted from many different positions including upside down. I remain amazed at the beauty and intricate design of Nature.



2019 08-17, 4313 - THE FIELD IS ALIVE - The camera at the bottom of the Lupine Field helps show me how alive it is. Birds, insects, and animals constantly visit, but are often unnoticed. Nature reminds me that wherever we are, living forces that we may never see are here to guide us.



2019 08-18, 4314 - THE PRICKERS ARE WAITING - I observed the beautiful ripe blackberries and thought about reaching for a tasty treat, when I remembered past painful experiences with the pricklers. To achieve a goal, it is always good to proceed with caution.



2019 08-19, 4315 - TIME TO ENJOY THE PHLOX - As the calendar counts down to fall, it is the time of year to enjoy August flowers such as the tall and vibrant phlox that bring a smile to my face when I pause to appreciate them. No matter what the season, there is always something special to focus on.



2019 08-20, 4316 - WATCHING THE ROAD - It seems as though every time we drive the old road to the orchard, a hawk is flying just ahead, landing on a perch until we get close and then flying off again. It is a wonderful symbol of the freedom to soar that my mind feels in Nature.



2019 08-21, 4317 - STILL THERE - I recently visited the little frog pond at the Center and found frogs still there, partially hidden by the water plants. I was reminded that inside of ourselves, often forgotten, gratitude is still there. Just as in Nature, it is good to pause and reframe our thoughts.



2019 08-22, 4318 - WHO LEFT THE FEATHER? - I saw a feather in the grass that was a different color from others I have found. I wonder what bird left it. I have found many life mysteries that await answers.



2019 08-23, 4319 - WHAT LIES BEYOND? - We have been cleaning the woods close to the cabin of small trees and debris. We have worked on both sides of the stone wall and the camera made it look as if it was leading into darkness. Those that live in fear see fear.



2019 08-24, 4320 - SEEING WHAT LIES BEYOND - I decided to take a camera with more adjustable settings to photograph the same stone wall and perhaps show what was covered up in the shadows. I am reminded that when we work with our fears, we might discover nothing to fear.



2019 08-25, 4321 - A WILDFLOWER PATH - The trail at the bottom of the Lupine Field has turned into a beautiful wildflower path. Nature's natural exhibit has become my new favorite destination. Then again, I have many old favorites to rediscover. The more I focus on Nature, the more it focuses on me.



2019 08-26, 4322 - CHIPPING AWAY - Chippy the chipmunk was speaking its mind as it perched on the top of a figurine outside the office window. It reminded me that people constantly chip away at goals, like a sculptor carving a block of granite. Time and patience lead to uncovering and reaching one's goals.



2019 08-27, 4323 - LATE SUMMER FAVORITE - As the days of August wind down, my favorite lily begins to bloom. Actually, my favorite lily is the one that is flowering at the moment, whether it is the first one or the last one of the summer. My favorite day is potentially always the current day.



2019 08-28, 4324 - STANDING ALONE - As the new grass began to grow over the new septic system, one stock of green seemed to be different from the rest. It was a sunflower whose seed must have been mixed in with the grass. We let it grow. It is good to encourage uniqueness which can stand alone.



2019 08-29, 4325 - ONE OF NATURE'S SCARIEST WILDFLOWERS - The eyes are watching. There is something creepy about them. To me, Dolls Eyes is one of the scariest of wildflowers. They are also unique, and sometimes we are afraid of something unique that we do not understand.



2019 08-30, 4326 - THRESHOLD - Over 200 years ago the Daniel Jackson family build a home and worked the land, of which we now own a portion. The home and family are long gone, but the threshold was moved to be reused and abandoned again. We intend to use it for the cabin. Each day is a threshold in life.



2019 08-31, 4327 - BLENDS - As the seasons blend together, I am reminded that all life is a blend of the past, the future, and the present. We blend our energies together to create a giant mix, as do artists and musicians as they blend colors and sounds. May your positive energy blend with similar energies.



2019 09-01, 4328 - A PROFILE IN STONE - The stone profile of a man's head caught my eye as it leaned against the wall where I had unknowingly pushed it with the tractor. If I had seen it from a different angle, it would have looked like the other rocks. Life has many different angles to help guide us.



2019 09-02, 4329 - A GOLDEN EVENING - We walked to the top of the Lupine Field on a beautiful late summer evening. The waning sunlight highlighted the goldenrod and dried grass creating a beautiful scene. I felt gratitude for the summer that has just passed and the fall ahead.



2019 09-03, 4330 - A LOOK BEHIND - As I drove down the Orchard Road back to the valley below, I caught sight of a deer watching me go by. I stopped, took some pictures, and noticed the deer was poised to go in the opposite way that his head was turned. People often live looking over their shoulders rather than ahead.



2019 09-04, 4331 - CLOUD AIRSHIP - I watched the cloud airship soar overhead with my imagination as a passenger. The sky is constantly changing, giving my thoughts the opportunity to continually get a different perspective. Nature provides so many ways to get a diverse view of our thoughts.



2019 09-05, 4332 - MESMERIZING BUTTERFLIES - Following butterflies around the fields is mesmerizing. I look for the perfect picture as I gaze at their constantly moving wings. It is a wonderful diversion that Nature provides where I can be a child again exploring life in its simplicity.



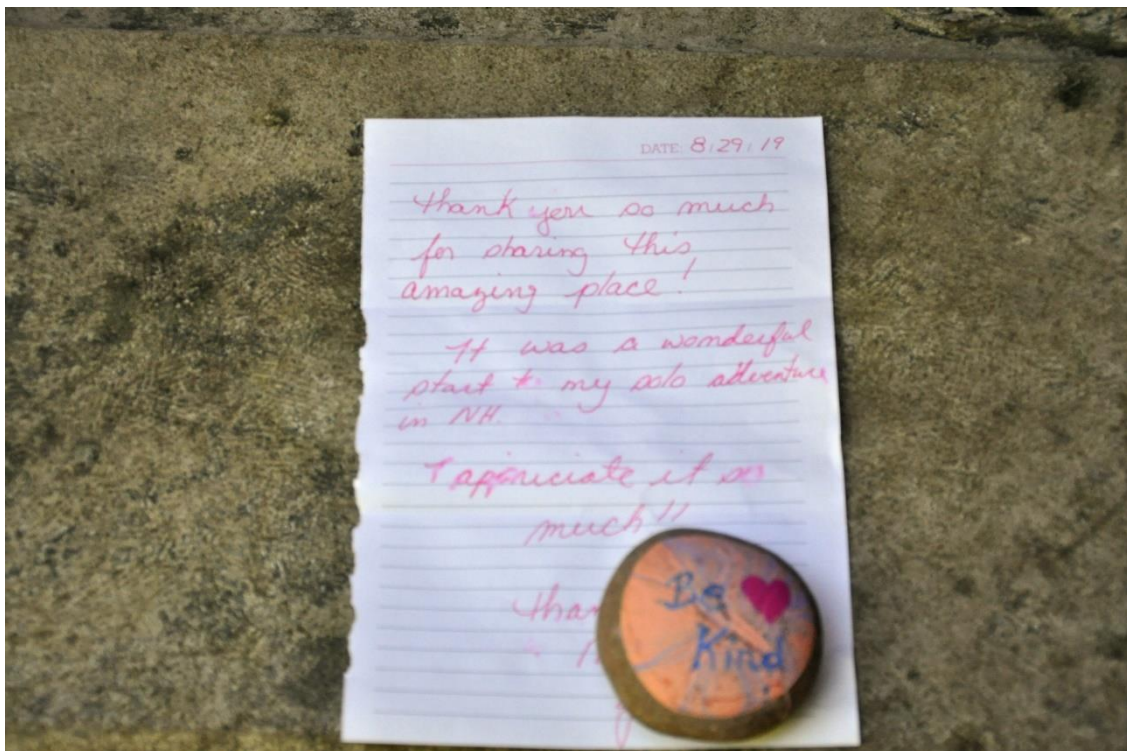
2019 09-06, 4333 - RAINDROPS ON LILIES - My mind thought back to a song from the "Sound of Music" titled "My Favorite Things" when I saw the raindrops on the late blooming lilies. They are one of my favorite things in Nature. Then again, I rediscover and find new favorites in life every day.



2019 09-07, 4334 - BUSY AS A BEE - I watched a bee gathering honey from a sunflower and thought of how these creatures seem to spend their entire lives gathering honey for the hive where they will be nourished over the winter. I wonder about my sense of purpose as I collect and share love.



2019 09-08, 4335 - RANDOM ACTS OF KINDNESS - Recently someone visited the grounds at the Center and left a note on a beautiful painted rock on a bench by the door. My heart was filled with gratitude over this person's random act of kindness. Imagine the power of a simple word or smile.



2019 09-09, 4336 - TRANSITIONING - The transition from summer into fall is begun as evidenced by fall plants like mums. We recently placed one, a gift, in a garden at the Center. I am reminded that we are continually transitioning every day on our soul's path and Nature can help us find our way.



2019 09-10, 4337 - THREE VIEWS OF ONE - The dragonfly cast a shadow on the screen on which it was resting and on the windowsill. I thought of how we perceive life. Some of us only see it from a distance, while others are stuck in the emotions of being in it. Both views can help guide the way.



2019 09-11, 4338 - CHANGES IN THE LEAVES - The maple leaves have slowly begun to change, signaling the time when the mountainsides will be ablaze with fall colors. Actually the change began in the spring with the first buds, unseen by many. Life changes often begin before we are aware of them.



2019 09-12, 4339 - LAST WILDFLOWER BOUQUET OF THE SEASON - It won't be long before the first frost of the season will end the beautiful run of wildflower bouquets. Many people will have missed seeing Nature's show as they focus on other things. I choose to appreciate the bouquet of each day.



2019 09-13, 4340 - MEDITATION FOCUS POINTS - A lot of people enjoy focusing on a specific image when they meditate. It could be a religious belief, a real place in Nature, or just an imaginary spot one can return to when they want to relax. One example is an island on a lake in Maine on a foggy morning.



2019 09-14, 4341 - WHAT I DID LAST SUMMER - I remember my grade school teacher asking me what I did over the summer. For many adults, the summer goes so fast that it is a blur. However, I like to play with my old tractor, and last summer we cleared a place near the woods to picnic.



2019 09-15, 4342 - HARVEST TIME - It is just about time to see if any of the apple trees growing in the orchard or on our lawn have fruit that can be used to make some pies. It is not just the harvest time that we appreciate, but the blossoms in the spring. It is a part of the journey of life that really matters.



2019 09-16, 4343 - CLOUD CRYSTALS - Every once in a while, I will notice colors in the clouds. I call them cloud crystals, created by the sun shining through frozen drops of water. Seeing them is a special treat, one that stays in gratitude long after I have discovered something else.



2019 09-17, 4344 - QUIET MORNING - I love to find myself on a quiet morning standing at the top of the Lupine Field looking out at the mountains across the valley. The sounds of life below fade into the background of the sounds of nature. It is a place to contemplate life. My goal always is find the quiet.



2019 09-18, 4345 - MOWING TIME - Now that the wildflowers have mostly faded and the lupine seeds have dried, it is time to cut the fields to ready them for new growth in the spring. There is something cathartic about slowly traversing the fields. I feel that I am connected to the soul of the earth.



2019 09-19, 4346 - THE VEINS OF A LEAF - The yellow leaf caught my eye from a distance as the sun shined through it, revealing all its veins. I thought about the wiring of humans and then wondered about the belief that everything in the Cosmos is connected by energy. It is so simple and complex.



2019 09-20, 4347 - A PROJECT WAITING - I have many projects waiting in various stages of completion: a book one quarter written, carpentry projects, and an old wagon in the corner of the orchard left there by a previous owner. I am grateful to have the opportunity when the time is right to bring it back to life.



2019 09-21, 4348 - REDISCOVERING A STONE WALL - The stonewalls on the mountain are a couple of hundred years old, built by the settlers when they cleared the land. Over the years many of the walls have disappeared into the woods. Rediscovering a stone wall is like rediscovering ourselves.



2019 09-22, 4349 - A LATE SPLASH OF BLUE - As we transition to fall in the mountains, I am still greeted by late splashes of the blue blossoms of wild asters framed by ferns that have not yet turned brown. A splash of blue can change a mood for a moment, a day, or even a lifetime.



2019 09-23, 4350 - COLOR COMING IN - Nature is filling in the blanks of color leading to a spectacular show that will take place over the next couple of weeks. There will be visitors to the mountains from all over the world. Many will find that Nature can change lives when they are aware of the beauty.



2019 09-24, 4351 - BRINGING SMILES TO THE NEIGHBORHOOD - I smile every time I pass by the road sign leading up the hill to the mountain. A neighbor decorates it for each season and now it has two fall figures. Acts of kindness can brighten up and even change a stranger's life.



2019 09-25, 4352 - SUNRISE OVER THE LUPINE FIELD - Our game camera captures images that we would probably never see in person. One such picture was the sun coming up over the Lupine Field. To me it symbolizes our connection to all of nature and beyond.



2019 09-26, 4353 - CAPTURING THE IMAGES OF FALL - With today's phone cameras it is easy to instantly capture the images that one is experiencing. That is why I usually have of my Nikon with me, to be one with Nature. Now the many different images of fall give me inspiration.



2019 09-27, 4354 -NEW DISCOVERIES IN THE FIELD - When my field mower went on the fritz after I had a part of the area cut and while it was being repaired, I explored the field and discovered some different wildflowers. I was reminded that there is always something new to find in the old view.



2019 09-28, 4355 -NATURE INVESTS IN THE COMING YEAR - Flowers and grass are going to seed, and acorns are dropping off the oak trees as Nature invests in the coming year. People stock up for the winter and hold thoughts of future goals. Hopefully the fruits of a harvest pay dividends in years to come.



2019 09-29, 4356 - INDICATIONS OF A LOT OF WINTER SNOW - I gazed in amazement at a hornets' nest dangling from the top of the flagpole. An old wives' tale says that the higher the nest, the more snow we will get. Is this true or is it an old paradigm that still influences us?



2019 09-30, 4357 - THE LAST TO CHANGE - The leaves are still green here on the mountainside. It seems as if we are the last to change each year. I am reminded of how people often resist the changes that are taking place around them. In the big picture I can look across the valley and see the color coming.



2019 10-01, 4358 - MUSHROOMS ON A MOSSY LOG - As the days become shorter the sun's angle brings out the mossy greens on decaying logs. Add to this tiny world a patch of mushrooms, and an overlooked picture emerges. There is a lot of beauty in life often remains unseen.



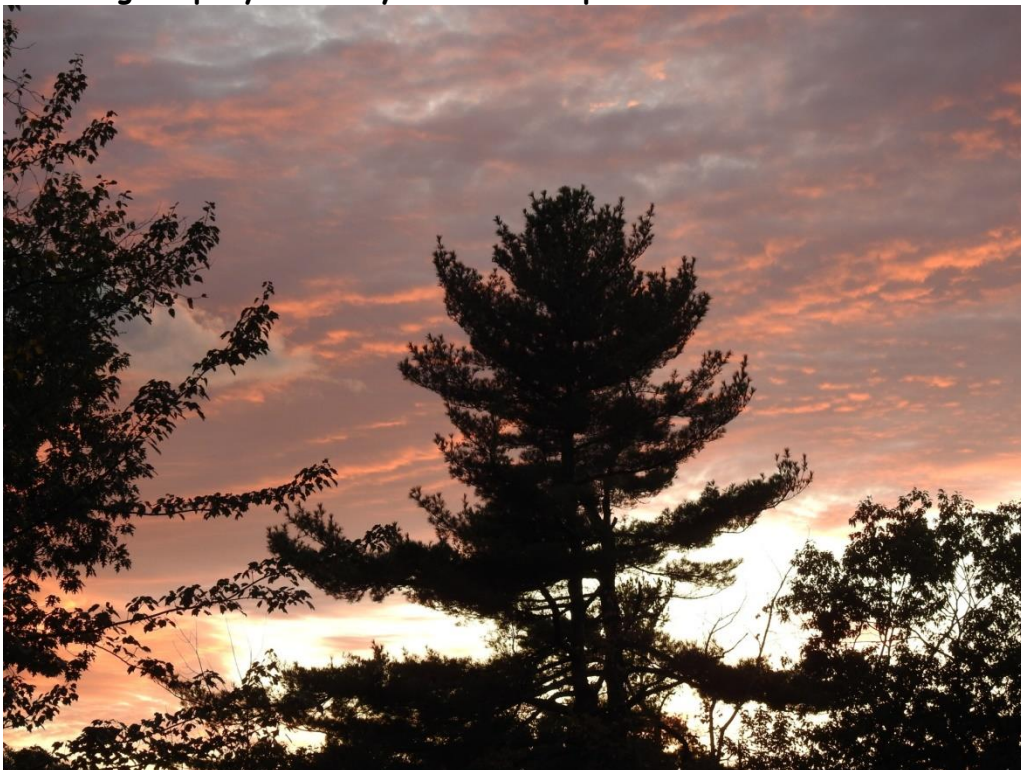
2019 10-02, 4359 - REPURPOSING - It seems as though we have spent a good part of our lives repurposing things that we or others have found to have outlived their use or potential. We recently repurposed some plants and woodchips. We can always repurpose old thoughts and dreams, updating them to use again.



2019 10-03, 4360 - FUELING UP FOR THE JOURNEY AHEAD - I would have missed the beautiful scene of butterflies fueling up for their long journey if it had not been for my field mower breaking down. I am amazed how things work out, and I filled up on mind, body, and spiritual fuel of gratitude.



2019 10-04, 4361 - OLD PINE, PINK SKY - The sunset was dramatic with an old pine tree silhouetting a pink ever-changing sky. It reminded me that change comes at different speeds. Things in life can change rapidly or slowly like the old pine. We are the blend of both.



2019 10-05, 4362 - STARTING ON THE MOUNTAINSIDE - I can see the fall foliage beginning to spread from the top down over the mountainsides to the north. It is an indicator of changes that will happen here in the next few weeks. Life has many indicators to give us heads up for potential future events.



2019 10-06, 4363 - LIFE AT THE FAIR - I smiled as I photographed the "couple" in their rocking chairs observing the crowd at the fair. It is a time when history blends with modern life. Years ago, people came to a fair to connect with others. Today we are isolated when we spend our lives on the internet.



2019 10-07, 4364 - THE SOUNDS OF FALL - One of my favorite sounds of fall is the honking of geese flying south for the winter. I wonder how many people never experience nature's events taking place around them as the sounds of life blot out the sounds of nature. Awareness of nature provides an awareness of all life.



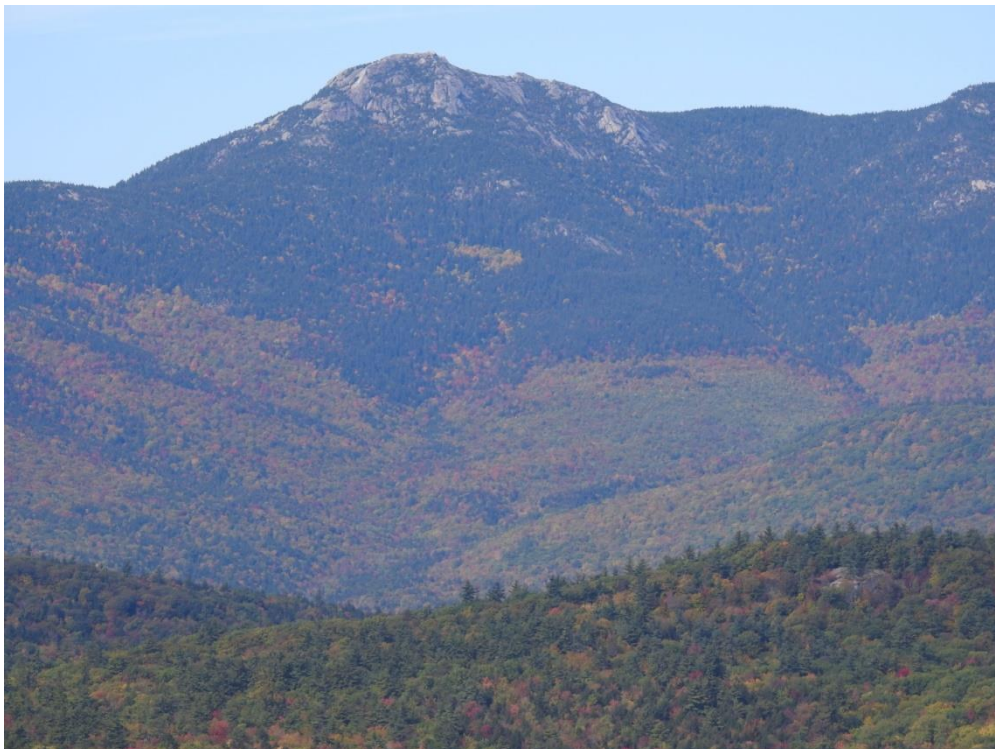
2019 10-08, 4365 - FALL TRANQUILITY - Fall foliage is reaching its peak and the valley is full of tourists coming to the mountains to experience the beauty as well as searching for a place to leave their stresses behind. The real tranquility comes from within and Nature can help bring that out of us.



2019 10-09, 4366 - AUTUMN MIXTURES - Some of the most beautiful scenes in the fall are not created from the total foliage transition, but from the mixtures of green leaves with the red, orange, and yellow ones. When people come together positively from many cultures, the mixture can create amazing results.



2019 10-10, 4367 - CASCADING COLORS - The fall colors are now cascading down the mountainsides across the valley. For the next week or so, we will be inundated with seasonal beauty. Then again, I am reminded that, whatever the season, there is always something beautiful to observe in Nature and life.



2019 10-11, 4368 - RIGHT OVERHEAD - I chanced to look up as I admired the fall foliage, and there right over my head was some of the most beautiful color I had seen. I was reminded that life has many views to it that we often miss when we focus only in one direction.



2019 10-12, 4369 - REDISCOVERING SUNSETS - The red glow out the window caught my attention and I rushed to capture the beauty with my camera. I had rediscovered a sunset. They were out of my sight and attention all summer because of the longer days and leaves on the trees. Life is always being rediscovered.



2019 10-13, 4370 - HARD TO FOCUS ON READING - I decided I would take a book and sit outside the cabin on a warm fall afternoon. It was hard to focus on the book due to the beauty I was surrounded by. My senses became alive and I smiled to myself, realizing Nature had once again pulled me away.



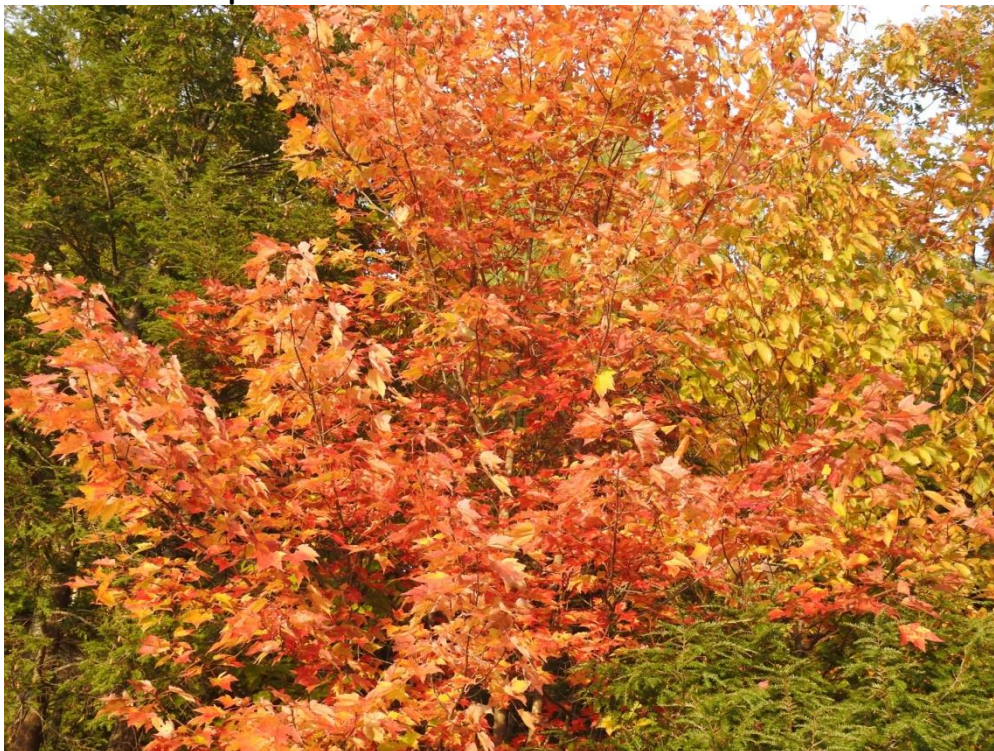
2019 10-14, 4371 - FUNGI PERSONALITIES - The odd shaped fungi growing on the bark of a tree looked as if it was a group of animals or birds. Each one appeared to have a separate personality. For a moment my mind was captivated by this diversion of Nature as my imagination took me on a journey of wonder.



2019 10-15, 4372 - A GREAT DAY TO MOW THE FIELD - Now that the mower is out of the shop, we watched our son make methodical trips across the field cutting this summer's growth. The day was spectacular, framed by fall foliage. Mowing is a great way to meditate as we plan our new growth.



2019 10-16, 4373 - PEAK PERFORMANCE - The autumn leaves are at their peak on the mountains, and each year the show is a little different. For some this year may or may not be up to their expectations. I think of the many things I have attempted to do the best I can. Each person reaches his or her own peak.



2019 10-17, 4374 - A HEART IN THE LEAVES - On a recent walk I saw a small stone heart in the newly fallen leaves. To me it was another sign that I am on the right track in my intentions to "Hit my Marks" each day on my soul's journey. I believe we all get signs that appear at just the right time.



2019 10-18, 4375 - HIDDEN AWAY - Hidden away in the base of a hollowed-out tree, my wife discovered mushrooms growing when she peeked inside, wondering if it was a den for small animals. I thought of people who continue to develop their talents, waiting to be discovered.



2019 10-19, 4376 - THE VIEW FROM THE FRONT DOOR - Now that the cabin is being cleared out by the previous owner, I am beginning to study the landscape from the front door. I think of the many different views I have from the mountain and how each one gives me a different view of life.



2019 10-20, 4377 - LIVING ON A PLOT OF GOLD - I followed the rainbow to the Lupine Field where I could see that it ended one ridge away. I thought of the "Pot of Gold" at the end of a rainbow and realized as I stood there on that crisp Autumn morning that I was already living on a plot of gold at rainbow's edge.



2019 10-21, 4378 - WHITE CAPS - The storms of October cause white caps on ocean waves and the first coatings of snow on the higher peaks of the mountains. Even though Nature is signaling the approach of winter, the beauty of the white capped mountains framed by the last of the fall colors, is a joy to see.



2019 10-22, 4379 - MOWING COMPLETE - Finally all the fall mowing is complete. It is not a hard task, just time consuming. Now my mind can focus on the next item on the checklist. I like to think that life moves at a pace with Nature that is always done and never complete.



2019 10-23, 4380 - NATURE CREATES AN ARRANGEMENT OF OAK LEAVES - Nature continues to amaze me with her artistic abilities. It may be in oak leaves, clouds, rocks, or wildflowers. The season doesn't make a difference. Nature can also help arrange our minds to see things differently.



2019 10-24, 4381 - FALL REFLECTIONS - Now that the fall colors have faded, it is a good time to reflect on the season with gratitude and to refocus on the late stages of autumn. It is also a wonderful time to set goals for the season to come with your mind, body, spirit, and soul.



2019 10-25, 4382 - TIMELESS JOURNEY - Every time I travel the old Class VI dirt road to the cabin and orchard, I begin a timeless journey connecting the past, future and present. It is the opportunity to connect with the vast knowledge of the Cosmos that helps guide me on my soul's journey.



2019 10-26, 4383 - EVER EXPANDING - Over the summer, the fairy house nestled up against an old pine stump has been growing in size, making room for more occupants. Not only are the fairy rooms expanding, Nature expands our minds, making room for more positive thoughts.



2019 10-27, 4384 - NATURE'S MYSTICAL SIDE - The overnight rain had ended except for a light mist, and I could see the mountains through the low floating remaining clouds. It was a mystical scene and I thought of the realities that we often miss when we are not mindful of the unknown.



2019 10-28, 4385 - FALL BIRCHES - There is something about white birch trees, especially when there are several growing in the same vicinity. This time of year they stand out even more when they are surrounded by autumn colors. When we become aware of birches, we become aware of more in life.



2019 10-29, 4386 - FALL LEAVES ARE EVERYWHERE - The leaves are falling off the trees and are scattering everywhere. They get tracked into the house and cover the roads and lawns. Eventually they will begin to break down and nourish the soil. Imagine if every leaf was an act of kindness.



2019 10-30, 4387 - FALL RAINS FILL THE LITTLE BROOK - The fall rains are replenishing the moisture in the ground, and the excess water flows down the mountainside. There will be nourishment for new growth in the spring as well as a fire deterrent. Our souls are also constantly nourished by Nature.



2019 10-31, 4388 - SPIRIT GUARDIANS - The land is overflowing with spirits, including the guardians of the stone walls. When you look carefully, you can often see their stone faces keeping watch. They are custodians of the knowledge of the centuries.



2019 11-01, 4389 - NATIVE AMERICAN WALLS - I have often wondered if some of the stone walls on the land were built by Native Americans. There are differences in the way some have been constructed and appear to have openings left for spirits to travel back and forth.



2019 11-02, 4390 - MONUMENT TO HEARTS - There is a small monument on the land that someone built with two stone hearts on the top. To me, it was a reminder that many people are aware of the strong positive energy the heart emits when it is filled with gratitude. My goal is to always be mindful of this.



2019 11-03, 4391 - STONE ANIMAL - After a recent logging operation, I could see into the woods and noticed a large rock that looked like a stone animal. I had never seen it before. There are many things in life that go unnoticed until our attention is drawn to them.



2019 11-04, 4392 - LEAFLESS - It is the time of the year when all the hype of the fall foliage has ended and most of the leaves have dropped. It is a time to reflect and plan for the seasons ahead. It is a time to be grateful for the leafless beauty that provides a different view of life.



2019 11-05, 4393 - CAPTURED ON CAMERA - The game camera at the bottom of the Lupine Field captures wildlife passing through the area. Recently it caught what looks like a German Shepherd with its nose to the ground. There was also a similar image taken at night. Is it a dog or a wild animal?



2019 11-06, 4394 - ALONE AND SURROUNDED BY NATURE - There is something about late fall that takes me back in time where I enjoyed being alone and surrounded by Nature. The sounds and the sights in the woods become alive as my senses become more alert. It is a time to hear the messages of the Cosmos.



2019 11-07, 4395 - THE GREENS OF NOVEMBER - November is a great time to discover or rediscover the many shades of evergreens such as pine, hemlock, and cedar. Most of the year I focus on others aspects of Nature, but I relish the opportunity to be aware of the wholeness of life.



2019 11-08, 4396 - UNCOVERED - Now that the leaves are off the trees I can see into the woods and I discovered a beautiful large rock/small boulder with white quartz oozing out. There are so many finds waiting to be discovered this time of year, not only in Nature but in all of life.



2019 11-09, 4397 - GRAY DAYS OF FALL - As the days get shorter and closer to snow season, we often find ourselves living in a gray, seemingly colorless, landscape. Even this time of year Nature has many different and unique things to experience. Life always has much to discover.



2019 11-10, 4398 - DECORATED STUMP - Green moss decorating an old pine stump caused me to pause for a moment and take in the unique artwork that Nature had created. This exhibit will last until winter snows cover the landscape. Nature has special treats to discover.



2019 11-11, 4399 - THE LAND IS READY AND WAITING - The land is ready and waiting for its first major snowstorm. Frost is already beginning to live in the shade, the leaves litter the ground, and those who burn wood have created large piles for the winter ahead. It is a time to connect with our ancestors.



2019 11-12, 4400 - NOVEMBER SNOW - It has begun. November snow is falling and coating the ground. It is a day some have been dreading while others are dancing with joy. It is the reality of life here in the foothills of New Hampshire, a time to transition to winter.



2019 11-13, 4401 - PATCHWORK ROCK - I have walked by a basketball sized rock hundreds of times without observing its unique makeup. It reminds me of a patchwork quilt that must have a fantastic story to tell about how it was formed. Then again, we are all like patchwork quilts.



2019 11-14, 4402 - NO TWO SUNSETS ALIKE - With a fresh coating of sun and a clearing sky, I ventured outside to capture another sunset. As I studied the beauty of nature, I again realized that no two sunsets alike. There are no two moments in life exactly alike.



2019 11-15, 4403 - SNOW COVERED APPLE - The recent two-inch snow fall has given me the opportunity to get a different view of the landscape and more things in Nature to marvel at and to discover with gratitude. One example is a snow-covered apple still on the tree in the orchard.



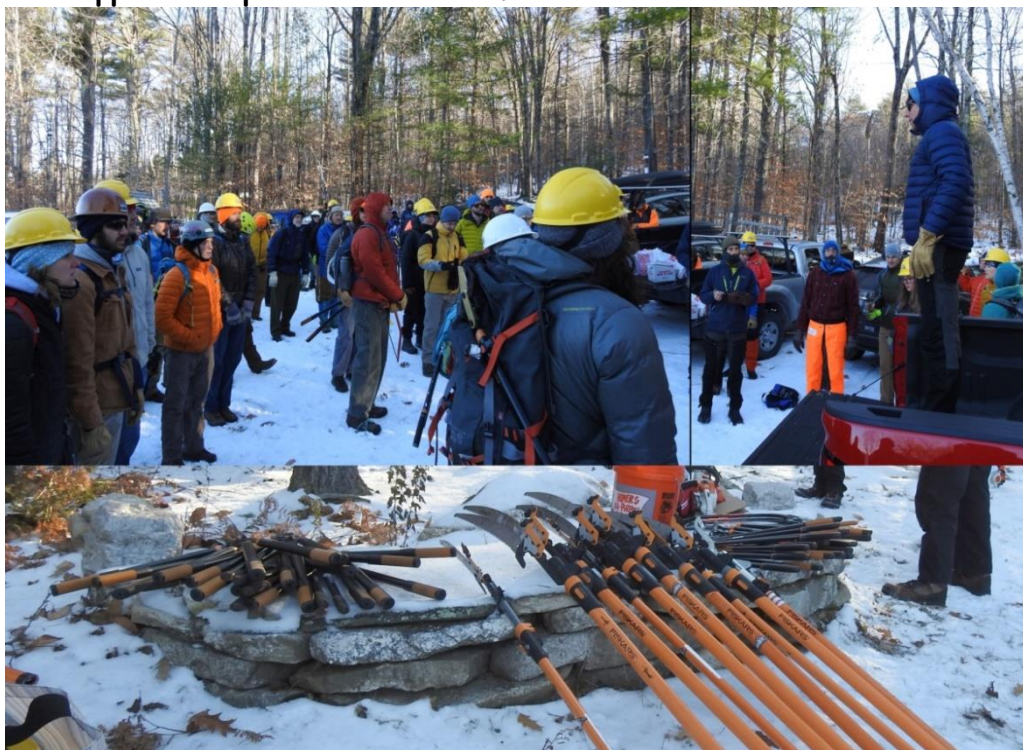
2019 11-16, 4404 - SEASONAL TRIM - Nature has responded to the calendar, providing a blanket of white just in time for the holidays with a sparkling icy trim. It is a magical time of year if we allow the child inside to investigate the beauty surrounding them.



2019 11-17, 4405 - SNOW COVERED FERNS - The recent snow fall has given me the opportunity to observe Nature from a different perspective. The brown ferns are surrounded and covered with a coating of white, creating a magical scene. It warmed my heart on a cold morning.



2019 11-18, 4406 - WHEN PEOPLE COME TOGETHER MARVELOUS THINGS CAN HAPPEN - Recently I witnessed an amazing event at the Center when the Granite Back Country Ski Alliance assembled a team of over 50 people from several states to create some glade skiing trails. Marvelous results happen with positive intentions.



2019 11-19, 4407 - CRAB APPLES - Seeing snow covered crab apples reminded me of how beautiful the blossoms were in the spring. The tiny fruit provides little nutritional value to humans, just to the wildlife. Still, there is a lot of mental and spiritual value in crab apples, another important part of life.



2019 11-20, 4408 - SLEEPING WALLS - The snow-covered stone walls on the mountain appear to have begun their annual winter sleep. At the same time, I am aware by the tracks in the snow of all the animals that are awake and moving about that I didn't see in summer.



2019 11-21, 4409 - TOP OF THE GLADE - Thanks to the members of the Granite Backcountry Alliance, we now have a beautiful glade for skiers in the winter and hikers the rest of the year to enjoy and connect with nature. There is nothing like a little journey underneath tall pines.



2019 11-22, 4410 - FROZEN GEMS - The Japanese researcher Emoto found that water frozen in containers with positive messages of love placed on them consistently formed beautiful crystals. The others were jagged. It seems like the people who walk the land contribute to the beauty of the frozen gems.



2019 11-23, 4411 - FIRST FIRE IN THE CABIN - Recently I lighted our first fire in the woodstove in the cabin, and, as the stove came to life, my mind thought back to waking up to my grandfather building a fire in his cabin in the woods. We all have a fire within us that sometimes can use some rekindling.



2019 11-24, 4412 - A CONVERSATION WITH HISTORY - Recently while visiting Yorktown, Virginia, I paused along the river walk to have a conversation with Washington, Lafayette, and Paul de Grasse. I wondered how these three would view the world today.



2019 11-25, 4413 - LEAVING AN IMPRESSION - We discovered that the metal frog placed on a moss-covered rock had left an impression when it was picked up for the winter. It is good to be mindful that our actions and even our thoughts leave impressions long after an event has occurred.



2019 11-26, 4414 - NOVEMBER SKIES - The skies of November are the cloudiest of all twelve months as fall and winter compete for control of the season. Sunny days are always special, and when it is gray, we have the light within us to help show the way.



2019 11-27, 4415 - REDISCOVERING THE LAND - Every time the land changes a little, whether by logging or building a new trail, or even fresh snow, there is something new to rediscover. There is always something in life to rediscover, such as an old friendship.



2019 11-28, 4416 - A WONDERFUL DAY TO FEEL GRATEFUL - When Abraham Lincoln officially proclaimed a day of Thanksgiving, the country was in the middle of the Civil War. Today I am grateful that we have the opportunity to celebrate Thanksgiving and create a powerful message of love and gratitude.



2019 11-29, 4417 - SHARING THE ROAD - We saw an interesting sight when visiting Williamsburg, Virginia recently. A Revolutionary re-enactor and a modern powered scooter were sharing the road at the same time. It is good to remember that wherever we go, we do share the road with different periods of history.



2019 11-30, 4418 - WINTER IS CLOSING IN - The mountains across the valley are now snow covered, and even though we have not had a major storm here, winter is closing in. Before it arrives, there is still time for easy walks that can lead to new discoveries as we wait for the next stage to take place.



2019 12-01, 4419 - COLD WINDS ARE BLOWING - As we begin meteorological winter, cold winds blow through the valley. The days are almost at their shortest as the lights of the coming holiday, as well as the lights inside of each of us, point the way through the darkness.



2019 12-02, 4420 - PREDICTING THE WEATHER - Anticipating the first major storm of the month, I bounced around from TV channel to channel comparing forecasts to find the one that best met my wants. Rarely do predictions come out as expected. In life we do have positive intentions to help us be flexible.



2019 12-03, 4421 - LET THE DECORATING BEGIN - December, the darkest month of the year, is filled with the lights from holiday decorations as well as the lights from within our souls. With this powerful combination it often changes our perception of darkness.



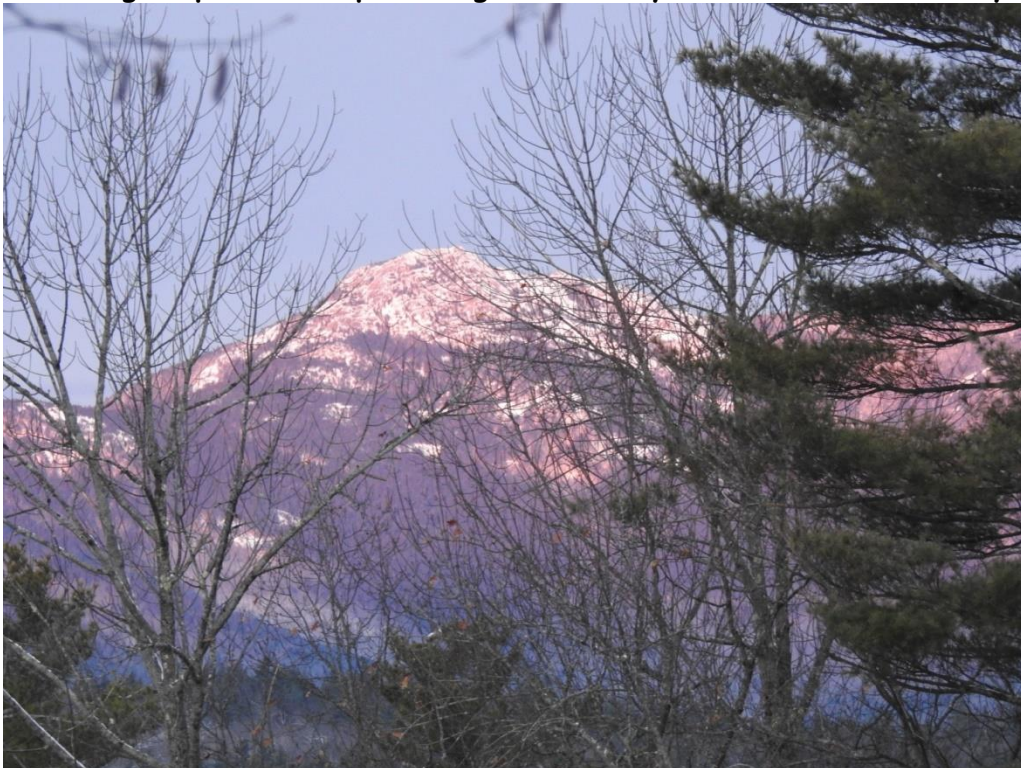
2019 12-04, 4422 - INCH BY INCH - So far, our snowstorms have been measured inch by inch rather than foot by foot. Still, inches can add up as the winter progresses. Life sometimes moves forward with big events and at other times inch by inch. The key is to move forward with positive intentions.



2019 12-05, 4423 - AFTER THE SNOWFALL - The storm lasted two days and part of New England was inundated with as much as three feet of snow. Here in the foothills we only experienced a few inches. After the snowfall the weather cleared with a beautiful sunset. I am reminded there are always sunsets.



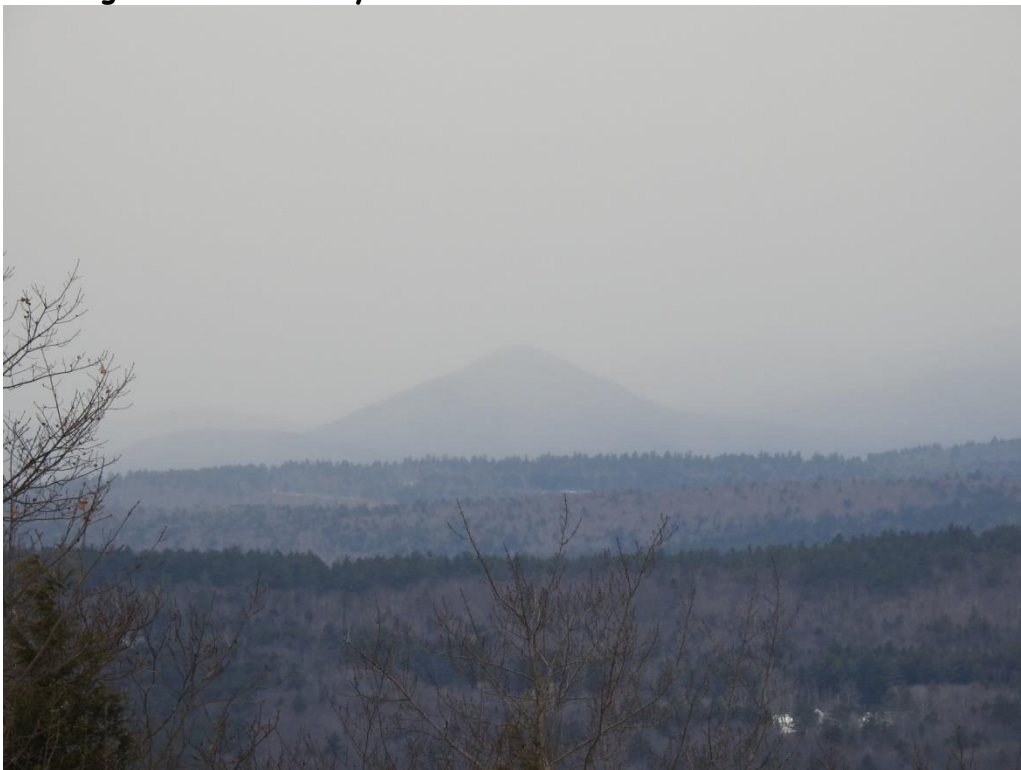
2019 12-06, 4424 - WINTER MORNINGS IN THE FOOTHILLS - If you live in the foothills of New Hampshire and are willing to get up before the sun rises, a spectacular scene often appears when West and North glow pink. That positive glow can stay with the viewer all day long.



2019 12-07, 4425 - THE LITTLE TREE THAT GREW - Years ago when we first bought land with a little orchard, we decorated a fir tree during the holiday season. Over the years the tree grew and grew. Now Nature decorates it with snow. If we stick with our positive intentions, it is amazing how they grow.



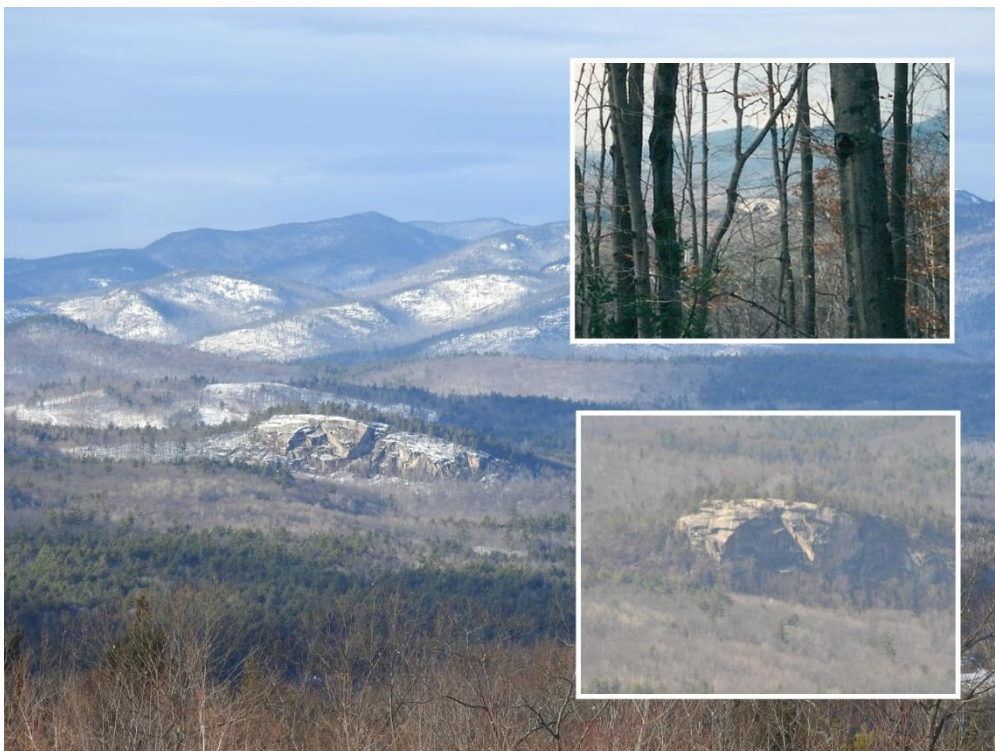
2019 12-08, 4426 - SHROUDED IN MYSTERY - From the top of the mountain I can see a pyramid off in the distance that appeared through a shroud of clouds when I observed it recently. I wonder what its origin is and what mysteries it holds.



2019 12-09, 4427 - THROUGH THE PINE TUNNEL - As I walk through the tunnel of pines on my way up the small hill to the trail to the ledge, it is like entering a different world. My mind is opened into a broad expanse with adventures waiting to experience.



2019 12-10, 4428 - LEDGE BY DAY, PORTAL AT NIGHT - Years ago a friend sketched a "ceremonial bridge" she said we would find up on the mountain. A short time later we discovered that when the sun is setting over the ledge across the valley, the bridge appeared. I wonder what the ancients knew.



2019 12-11, 4429 - THE COLORS OF WHITE - We think of white as a pure simple color but when I study white snow on a white birch, I am reminded that there are as many shades of white as there are in every color. When we think life has no definition to it, shades of white can open up the shades of life.



2019 12-12, 4430 - THE UPS AND DOWNS OF WINTER - This winter has had many ups and downs depending on how you view the weather. If you enjoy winter sports it is more of a downer and if you like less snow it is an upper. Regardless of the weather life itself has many special moments in it.



2019 12-13, 4431 - A SHOCKING DISCOVERY - I found it in the middle of the orchard, and I suspect that an animal or bird had left it there. It was a shocking discovery, partially eaten. I took a photo as I had no idea what it was or where it came from. Later, my wife informed me that it was a dog's toy. That's life.



2019 12-14, 4432 - PEEKING DOWN - When I stand at the top of the Lupine Field this time of year, I can peek down at the miniature lake and houses in the valley. It provides me a different view of life, and I become an observer. Even if I was in the valley, I could step back and imagine I am up on the mountain.



2019 12-15, 4433 - FULL MOON AT DAWN - When the moon is full and the sky is clear, our best view is just before dawn as it sets behind the mountains to the west. There is something about the moon that captures the imagination. A moment with the moon can change our lives.



2019 12-16, 4434 - SATURATED - The foothills are saturated with water due to heavy rains of the past few days. The ground can hold no more. People are also saturated with holiday events, food, and emotions. It won't be long before the holidays will be over and the ground covered with snow.



2019 12-17, 4435 - A GOOD YEAR FOR BEECHNUTS - By the looks of the empty shells on the ground, this has been a good year for beechnuts. They provide food to help the wild animals though the winter. The forest is also providing spiritual food to help us find gratitude for the days ahead.



2019 12-18, 4436 - CONTRASTS - Winter snows have had a hard time becoming established in the foothills this year. As I stood at the top of the Lupine Field, the bare ground was a sharp contrast with the winter white of the mountains. We live in a world of contrasts, and yet there is beauty in all.



2019 12-19, 4437 - SPLASHES OF RED - I have enjoyed being greeted with slashes of red intermingled with a brown landscape as I drive around. They are the festive berries that last through the holidays and bring color to life, and I am grateful to have them greet me.



2019 12-20, 4438 - WINTER WONDERLAND - A fresh coating of snow just before the winter solstice has turned the landscape into a winter wonderland. I can imagine what it would have been like to travel the old road in a horse drawn sleigh as I blend the past with the present. We are all pioneers.



2019 12-21, 4439- STAIRWAY TO THE SKY - There is a spot on the top of the mountain that appears to be a stairway cut out of the ledge that faces the "Bridge" across the valley. On this Winter Solstice, I wonder as I wander the land if the ancients knew something that still remains to be rediscovered.



2019 12-22, 4440- WHERE HAVE ALL THE RABBITS GONE - I always look forward to seeing the tracks of rabbits in fresh snow, but this year there is not one to be seen. I wonder if the predators have wiped them out or if they have just moved on to a different environment. Hopefully they will return.



2019 12-23, 4441 - DEER PRINTS IN THE ORCHARD - As I walked through the orchard I discovered hoof prints in the snow from a large deer. It was proof, even though I did not see the deer, that there is wildlife living on the land. Even though I knew it, it was good to see the proof; proof is manifest reality.



2019 12-24, 4442 - LIGHTING THE WAY - I didn't used to like the waning daylight of December, but lately with all our holiday lights, I look forward to it. Perhaps it's just discovering the power of gratitude flowing through my heart. That light shines all year long regardless of the day's length.



2019 12-25, 4443 MAGICAL - Christmas has been a magical day for me since I was a child. The magic has changed and now is experienced in the smiles of strangers and random acts of kindness. I still think of myself as a child and wonder what it would be like to experience this magic all year.



2019 12-26, 4444 - SPRING IN DECEMBER - I am not sure if there is a typical winter anymore. Sometimes we have a snow cover in October and sometimes not before January. This year it feels like spring in December, great for hiking, not for skiing on the trails. I just enjoy each day.



2019 12-27, 4445 - NO NEED FOR SNOWSHOES - The lack of snow is either a plus or a minus, depending on your winter expectation. This is also the time when we look at the pluses and minuses of the past year as well as the past decade and even further back. I prefer to consider opportunities.



2019 12-28, 4446 - KING OF THE HERD - I recently retrieved the photo card from one of our game cameras and found the image of a very large ten point buck that I would call the king of the herd. Life is full of things we don't often see.



2019 12-29, 4447 - MEASURING TIME - The seasons, events and locations in Nature are a way for me to measure time. Currently, it is the return of Nature's ice sculpture show in the brook that flows down the mountain. One abstract appears to be a winged figure. I look forward to these moments in time.



2019 12-30, 4448 - A BEAR WITH INSOMNIA - The footprints crossing the trail were large and at first we weren't sure if they were animal or human. On further investigation we found them to be a bear with insomnia. Perhaps the changes in the climate have changed both humans and animals.



2019 12-31, 4449 - WHEN THE LIGHT IS RIGHT - A patch of green on a maple tree, illuminated by sunlight, caught my eye as I gazed out the window. It was moss and it looked like a bouquet. Without the sunlight it appeared dark. We often miss clues to life that are illuminated right in front of us.

