

**Message from the Mountain**  
**2007**

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2007 09-06, 0001 - MESSAGE #1 - My sacred space is a beautiful spot in the foothills of the White Mountains of New Hampshire. You have a sacred space also where you can communicate with the Universe. This podcast reflects this connection. It is my prayer that you will find it helpful as you go about your daily life.

2007 09-11, 0002 - WINDS OF CHANGE - As you may be feeling winds of change coming to you in messages from the universe, it is time to honor your sacred contract and connect with your Divine Pattern Within. It is important to know that you have a sacred space where you can go to examine the thoughts that are coming to you. That sacred space may be a place in nature or some other physical location, or it can be a place deep inside of yourself that is just pure unconditional universal loving energy. It is my prayer that this message has been sent to you by the universe at a time that is right for you. Many of these thoughts and ideas are presented in my latest book "It's Time to Simplify Your Soul's Code". My website is [www.michaelhathaway.com](http://www.michaelhathaway.com)

2007 09-12, 0003 - NATURE'S HEALING - When nature has the opportunity, it heals land that has been damaged. The loving nature of the Universe can also heal people. When land has been damaged, either naturally or by man, it will come back to nature over time if left alone. We can use our sacred place to help the loving nature of the Universe heal ourselves.

2007 09-13, 0004 - IN THE ORCHARD - This meditation comes from an orchard and reflects on the attempt to save the trees from being overgrown by nature. Once we have planted seeds or fruit trees, unless we take the time to nurture and cut the growth that sprouts up around them, it will not be long before they vanish as nature reclaims its territory. We always have the opportunity to encourage our growth as well.

2007 09-14, 0005 - REFLECTION - On a beautiful clear day when the wind is calm, it is a wonderful time to pause and reflect about not only the observations we see in nature, but also in our own lives. May you reflect in a positive way as you listen to this meditation.

2007 09-16, 0006 - VIEW OF LAKE - There is a view of a small lake from my sacred spot on the mountain. When the water is clear, it reflects all of the greenery surrounding it like a mirror. When the wind blows, there is no reflection. If we look for calmness in a place where the wind is still, we too can reflect what surrounds us.

2007 09-18, 0007 - ON EAGLES WAY - This message comes to you from another trail on our property established by the Boy Scouts called "Eagles Way". Eagles Way runs along part of the summit of my sacred place and wanders over and around rock outcroppings. It is not a long walk but is an excellent place to find peace and solitude surrounded by nature. We can find nature deep within our soul wherever we choose.

2007 09-20, 0008 - DISAPPEARING MIST - Today I watched a small area of mist float off from a lake in the distance and disappear into the air. The air absorbed the moisture as the vapor disappeared. This moisture, however, continued to float further and further away from the source where it originated. When we breathe out the unconditional love and energy of the universe, it too flows with the wind and may touch many lives on its travels through the air.

2007 09-21, 0009 - UNCONDITIONAL LOVE - The mountain ranges of the region were once buried by over a mile of ice. As the ice receded, it shaped these peaks in the form that they stand today. We are shaped by the flow of unconditional loving energy of the universe as we allow it to pass through and over us.

2007 09-22, 0010 - HARVEST THE FRUITS OF YOUR SOUL - Wild animals are eating the fruits of nature during this time of year to help them gain extra fat to survive the winter. People are also harvesting the fruits of their labor to help them through the seasons to come. Now is an excellent time to harvest the fruits of your soul that have been developing over many lifetimes to help nourish yourself and others. Your natural gifts are a great resource.

2007 09-23, 0011 - A PAUSE AT STONECUTTERS REST - With a strong wind blowing through the valley today, I stopped at Stonecutters Rest, a good place to stop and reflect. This formation was created by settlers nearly 200 years ago when they quarried stone for their foundations and cemeteries. It is a beautiful spot on Kyle's Trail.

2007 09-24, 0012 - YOU ARE NOT ALONE - The blowing wind is invisible to the eye unless it is pushing a cloud. We can feel the wind, but we don't see it. Yet we do see it move the leaves. The wind is a force that is almost always with us, and so too is the loving energy of the universe that surrounds us and washes over us. You are never alone - that energy is always with you.

2007 09-25, 0013 - EVERY LEAF IS UNIQUE - In a sea of leaves, it is hard to recognize an individual. -When you look at foliage from a distance, you see the different shades of colors which are particularly brought out during Autumn. In a sea of leaves, it is hard to recognize an individual leaf, but when we get close, we can see the differences of every single one. You are a single leaf amongst billions of others, and you are unique and different. Your leaf can make a difference in the landscape.

2007 09-26, 0014 - YOU ARE A SEED TREE - When our forester creates a small clearing in the land, he leaves mature trees at specific points around the perimeter. Those trees are desirable species such as white pine or red oak. When mature trees drop their seeds, there is room in the open space for the new seedlings to grow. Like a seed tree, you carry with you your gifts and talents, and you have the opportunity to encourage growth in yourself and others.

2007 09-27, 0015 - AFTER THE RAIN - Today's message is recorded after a brief period of rain. The leaves are still wet with drops of water. The mist has totally engulfed the mountains. Rain sometimes intrudes on our sunny day, and yet it nourishes the land. When rain clouds your life and obstructs the distant views, if you allow yourself to trust and believe in the unconditional love of the Universe, the mists will roll away, and your love will be replenished.

2007 09-28, 0016 - STEP BACK IN TIME - This message comes from under a hemlock grove on the Ledge Trail. Some of the trees may go back about 150 years in time. The roots of our souls go back in time, and the memories are still there. We also have gifts and talents to share.

**2007 10-09, 0017 - YOUR SOUL SHINES IN THE RAIN** - When the leaves change color in the NH autumn, they sometimes look dull, pale, and almost pastel. Yet after a rain, they begin to glisten and shine, and on a cloudy day they can seem more brilliant than on a sunny day. So too does your soul have the ability to shine through a difficult time. Brilliance is reflected in you through the unconditional love of the universe.

**2007 10-10, 0018 - LABYRINTH, AN ANCIENT PATHWAY** - This message comes from the center of a seven-circuit labyrinth that we have on the grounds of the White Mountain Hypnosis Center. A labyrinth is an ancient pathway that many people find healing and calm when they walk through it. As you walk your sacred path, may you also find your ancient connection to the labyrinth of your soul.

**2007 10-14, 0019 - SACRED SPACE MEDITATION** - Here is a short exercise you can use to help you connect to your Sacred Space Within. This place is in your mind. It can be a real memory or a created image. It is a place where you can connect to the unconditional loving energy of the universe.

**2007 10-16, 0020 - CONTROLLING THE NATURE OF YOUR LIFE** - This message comes from the shores of Lake Patoka in Indiana, near its dam, made for flood control. The original nature of the valley was destroyed with the dam, but the new area is home for wildlife and recreation. We have choices in our lives to let nature run its course or to work with that course to help ourselves stay on track with our life purpose.

**2007 10-20, 0021 - REMEMBER & IMAGINE** - You remember and imagine differently than anyone else on earth. You also communicate with nature and the universe differently than anyone else. This message explains to you how you remember and imagine through your five senses and gives you a chance to see how they function.

**2007 10-21, 0022 - CHOOSING YOUR LIFE PATH** - Every day that I go for a walk on this sacred land, I have a choice of paths that I take. Some are steep and long while other meander on more gentle slopes. You always have a choice to wander in your life. If you choose, your team and your sacred contract with the universe may guide you.

**2007 10-22, 0023 - TWO VIEWS OF LIFE** - Many people wander through life with only one view, feeling stuck as if they were on a treadmill. They find themselves trapped - perhaps in food, habits, thinking, work. A hologram contains more than one image. If we examine life from a holographic perspective, we always have choices.

**2007 10-23, 0024 - HOME AGAIN** - It's great to be back home again. Each of us has a spiritual home that connects to the core of the universe, and that home goes with us wherever we travel.

**2007 10-24, 0025 - FOLLOW YOUR LIFE PATH** - Our walking trails have markers on the trees and a map to help guide visitors along the pathways. There are signs around you to help you follow your life map. The more you are aware of this, the easier it is to see them.

2007 10-25, 0026 - CHANGE OF SEASONS - The leaves are almost all gone now in New Hampshire and the view from the mountain takes in more detail than it does in the summer. So too does the season of our changing awareness. You may find yourself seeing more and more of the elements of your life. The veil between the manifest and unmanifest realities is much thinner. It is a wonderful season in your life.

2007 10-26, 0027 - ONE STEP AT A TIME - Like climbing a mountain, the trail of life can be steep and slow, depending on which path one chooses. If I choose to climb the front of the mountain, it is harder going than a different trail would be. Both take me to my sacred space. You have a choice, and a map is there for you to follow if you let yourself be guided by the universe.

2007 10-28, 0028 - PAY ATTENTION TO SIGNS - We have many signs on our walking trails to help guide people along the paths. You too are given signs every day for your life map if you give yourself permission to be open to them. It is great to take some time every day to let the universe communicate with you to help guide you and show you the signs.

2007 10-30, 0029 - SNOW ON PEAKS - When I see snow on the higher elevations from my special spot on the mountain, I know that within a matter of time, it will be spreading over the valley. It is a warning to prepare for the next season. We have many indications of changes taking place in our lives. Just as nature provides its own clues, so too does the universe.

2007 10-31, 0030 - DISCOVER LIFE AGAIN - I have walked the trail to the summit hundreds of times, and each time I discover something different. It might be as simple as a stump covered with moss or a toad going about its business. We walk our walk with life hundreds of times too, but unfortunately we become so used to our routine that we seldom pay attention to the discoveries that are in front of us.

2007 11-01, 0031 - CREATE & IMPLEMENT YOUR LIFE PLAN - Most woodland today has a forest management plan for its use like we have on our property. We actually have a forester who developed a 50-year plan relating to tree growth, wildlife, and other uses. The plan has gone through changes since its creation to keep current with new ideas. As you develop and implement a plan for your life goals, it is important to always be open to positive changes as you move towards your soul's purpose.

2007 11-02, 0032 - MAINTENANCE ON YOUR LIFE PATH - If we don't keep the brush down on our walking trails every year, they would soon disappear back into the forest. Many of them I maintain with my aluminum ski pole that I use as a walking stick during the summer months. When I move along, I whip the stick at the tender new growth to keep the trail open. Your life path also needs constant maintenance by taking the time to communicate with the universe.

2007 11-03, 0033 - APPROACHING STORM - I have a knee that tells me when the atmospheric pressure is changing, indicating that a storm is approaching. There are also signs from the Universe, if we chose to recognize them, that help us stay in tune with our soul purpose.

2007 11-05, 0034 - LOVING NATURE - What part of Nature do you like the best? Trees? Landscape? Animals? Birds? Most of us have something that we really identify with in nature, and yet at the same time, many of us at times in our lives have been afraid of it. We are part of Nature, and it is important to treat ourselves with the same respect we treat Nature.

2007 11-06, 0035 - ANCIENT MOUNTAINS - As I look out at the profiles of the ancient mountains that have remained in this form since the Ice Age, I am aware that we also have an ancient connection to the Universe through our souls. That connection is becoming more and more clear as we move forward into an age of enlightenment.

2007 11-07, 0036 - NATURE'S EVER-CHANGING BEAUTY - Today was our first heavy frost, and I was struck by the incredible beauty where Nature's paintbrush painted the leaves, moss and grass with intricate designs. There is always something beautiful to see, and it is constantly changing. So too is our own nature. In order to see the beauty in Nature, one needs to be there when the frost is on the ground. For other people to see the beauty of your nature, it takes a willingness to allow yourself to present it to others.

2007 11-08, 0037 - THE ENVIRONMENT - We have a responsibility to take care of the environment. Some people choose not to respect the land while others nurture it. We also have a responsibility to our own environment to take care of our mind, body, and spiritual parts to be in tune with the universe.

2007 11-10, 0038 - FINDING BOUNDARIES - Our land is marked around its perimeters, and when we first purchased it, some of the boundary lines were hard to find. It took the experienced eye of a forester to see the old blazes on the trees. We have boundary lines in our lives to help guide us on our paths. The more experience we have in recognizing them, the easier they become to follow.

2007 11-12, 0039 - SOUNDS OF LIFE - This time of year the frozen ground crunches as you walk on it in the forest. It is loud enough to be heard some distance away. There are many different sounds in the woods that can give clues to what might be there with you. So too are there many different sounds that can help guide us in our own life, such as our inner voices.

2007 11-13, 0040 - LAYERS - Today was a virtual kaleidoscope of ever-changing views of the mountains with layers of clouds and mist constantly moving. There is also a fresh layer of leaves on the forest floor that will decompose and become a part of the soil. Our soul memories also have many layers, and as you become aware of looking through them, you will reunite with gifts and abilities from your past.

2007 11-14, 0041 - STAY ALERT - When you walk through the woods, there are many little hazards waiting to trip you up. They could be the slippery leaves, stubs, rocks or roots on the trail, to say nothing of falling branches on windy days. As you walk the trail of life, you also want to be alert for hazards that may take you away from your life purpose.

2007 11-16, 0042 - GETTING READY FOR WINTER - We have to do many things here in New Hampshire to get ready for winter. One of the things I have to do is make sure the old tractor battery is charged and will start, and it did. In life we also have the need to prepare for changes of seasons. Those who do not stay in tune may find themselves trying to catch up.

2007 11-22, 0043 - THANKFULNESS - Today is Thanksgiving Day in America and a great time to reflect from this very sacred space in the mountains. There are many things to be thankful for. It is easy to miss the small things in life that are special, and all of us, if we are aware of observing the nature of our life path, will find things to be thankful for.

2007 11-24, 0044 - FIRST SNOW - The first snow has arrived, and today the ground is covered with a white blanket. The view of the landscape has completely changed, and our lives are an ever-changing landscape as well.

2007 11-25, 0045 - SURPRISES - While I was on my walking today a partridge (also known as a ruffed grouse) exploded into flight a short distance away. I am used to them doing it, but it is still always a surprise. It can catch you off guard. Just as in nature, life has many surprises, and the more prepared you are for them (just as knowing there might be a partridge), the easier it is to navigate along your life path.

2007 11-26, 0046 - SOLID GROUND - Today the ground is solidly frozen beneath my feet. It crunches with every step. It will remain this way on most of the trail for the entire winter season, but at other times of the year, especially in the spring, the ground can become very mushy and hard to walk on. The more in tune you are with the unconditional love of the universe, the more prepared you are to walk on ground of any kind.

2007 11-27, 0047 - THOUGHTS ON THE TRAIL - When I begin my walking meditation on the trail, many thoughts flow through with ideas that could lead to a podcast. Often those thoughts will evolve, as in this podcast. What I thought was going to be the subject when I started was not what I finished with. In life one thought leads to another thought as we evolve along our path.

2007 11-28, 0048 - A TERRARIUM - My grandmother used to collect mosses and greens in the fall and put them in a bowl with berries, creating a woodland terrarium that would last for the winter. It was a way for her to bring nature into her house. We can bring objects into our lives that anchor us back to a positive experience.

2007 11-29, 0049 - TAKE A DEEP BREATH - Sometimes when I do a podcast it sounds like I'm too close to the microphone and I sound breathless. I realize that thoughts often come to me while I am pausing and taking a deep breath. How often do you stop to take a deep breath and communicate with the nature of your being?

2007 11-30, 0050 - CREATURES OF HABIT - We are all creatures of habit, both animals and humans. It is easy to develop bad habits or lazy habits as well as good habits. I chose to create the habit of walking in nature every day. I carry a camera and look for unique things to photograph. Are you in the habit of communicating with nature and the universe?

2007 12-01, 0051 - SOLITUDE - Today is one of those days where the wind covers up the sounds of existence beyond the woods. I feel myself in the beautiful solitude of Nature. My goal is to take this solitude with me wherever I go. Can you find a beautiful solitude inside of yourself?

2007 12-02, 0052 - TREE SHAPES - Trees grow in many different shapes depending on how their young lives began. If they are crowded for light, they grow tall quickly and if they grow in the open, they spread out. We too have been shaped by the way we grew, but we always have the opportunity to make corrections because we are constantly pruning with new thoughts and ideas.

2007 12-03, 0053 - LOOKING BACK - Gazing into the mountains from Kyle's Trail, one might imagine looking back 200 years. The connection between the old and the new is very strong. You too have a strong connection to your past. You have many gifts and talents that you can update to your life now.

2007 12-04, 0054 - FRESH START - Today the ground looked as if Nature sprinkled it with powdered sugar, a thin coat of new snow. Everything looked fresh and new. You always have the opportunity for a fresh start. Bring something new and positive into your life.

2007 12-05, 0055 - GRAY DAYS - Today the air is cold and heavy, and the sky is gray. There is flatness to the landscape because there are no shadows to help create a three-dimensional look. And yet, on further examination, there are many interesting things to observe. When you have a gray day, there is always something to discover that will add more dimension to your life.

2007 12-06, 0056 - SUNSHINE WARMTH - The trails on the north side of the property feel colder because the trees block the sunshine until later in the day. However, there is one place coming back down Kyle's Trail that is sheltered and always feels warmer when the sun is shining. In life there is always a warm ray of love and hope from the universe if you choose to allow it to shine on you.

2007 12-07, 0057 - HIDDEN TREASURES - There are many hidden treasures on the property. The rock contains quartz and mica that reflect the sparkle of the sun. Also, someone hid a letterbox, and clues are posted on [www.letterboxing.org](http://www.letterboxing.org). You too are carrying hidden treasures in your soul.

2007 12-08, 0058 - TRANSITIONS - Human life and Nature are in constant transition. This podcast is dedicated to the memory and life work of my dear friend and colleague Bill Gibson.

2007 12-09, 0059 - THE OLD CEDAR TREE - As far as I know, there is only one live cedar tree on the entire property. It stands alone amongst a forest of other trees. Many of you, as old souls, may feel alone in your travels even when other people surround you.

2007 12-10, 0060 - SIGNS & SYNCHRONICITIES - Many people have signs that guide them through life. These signs affirm to them that they are on the right path, and may be the sighting of an animal or bird over and over again. What signs do you have to help guide you along your soul's journey?



2007 12-11, 0061 - WINTER'S INSULATION - A blanket of snow actually provides insulation to everything it covers. The frost cannot penetrate as deeply into the ground, and hibernating animals are protected. It is always important in our lives to have a blanket of insulation to protecting us, and that can come from the unconditional love of the universe.

2007 12-12, 0062 - A WINTER WALK - It takes a lot of preparation to go for a winter walk. It is very tempting sometimes to stay in the comfort of a warm house. However, once you venture out into the beauty of Nature, it is worth the effort. Sometimes in life it takes a little effort to find peace and solitude.

2007 12-13, 0063 - THE OLD COUNTRY ROAD - My walk today is on an old country road connecting to our property that was built a couple hundred years ago. We are thankful for our neighbor who not only keeps the road open with his tractor but also clears the parking lot for the trailhead. The solitude of this road is a great place to reflect.

2007 12-14, 0064 - STARTING FRESH - Today there is another coat of snow on the ground, and again my mind reflects on the opportunity to make fresh tracks. I can see where different animals are moving about, and we have the same opportunity every day to make new footprints on our soul's journey.

2007 12-15, 0065 - A MINI-RETREAT - Walking the trails is a great chance for me to retreat into Nature and come back refreshed and ready for the day. Wherever you are, you can create your own mini-retreat.

2007 12-16, 0066 - LOOKING THROUGH THE WINDOW - There are days this time of year when it is difficult to go out and walk the trails. Today is one of those days with a major snowstorm covering the region. It is a chance to look through our own windows into the journey of our souls.

2007 12-17, 0067 - FINDING COLOR IN A BLACK & WHITE LANDSCAPE - You don't see much color this time of year when you walk through the woods. Gray tree trunks, dull browns, and dark greens are about all I see. Yet when I take the time to look closer, the beach and oak leaves still remaining do add color, and each one is a different shade of brown. Have you ever felt that there was no color in your life's landscape? I believe if you look a little closer, you will find that there is always color and hope.

2007 12-18, 0068 - LISTEN TO YOUR VOICES - Many voices speak to me in Nature - the birds, animals, insects, wind - even the creaky sound of two trees rubbing against each other. Each one has a voice. You are made of many parts, and each one has a voice. You always have the opportunity to listen to them in the stillness of the sacred space in your mind.

2007 12-19, 0069 - WHAT CRUNCHES IN YOUR LIFE? - Today's walk was over a thin layer of fresh frozen snow that crunched loudly with each step. I am sure there wasn't an animal within a half-mile that did not hear me coming. Yet it was a unique fresh sound. What crunches in your life? What speaks to you, and what actions give your heart satisfaction?

2007 12-20, 0070 - DARK DAYS - As we approach the shortest day of the year, dusk comes in late afternoon. Sometimes on a cloudy stormy day, we seem to be in twilight all day long. Have you ever felt as if you were in a twilight zone in your life as one day leads to another? Out of the darkness comes hope, and we always have hope when we trust the Universe.

2007 12-21, 0071 - LONG NIGHTS - We are now at the darkest time of the year where nights are the longest. The animals and birds that rely on daylight have to scurry about getting food, but the nocturnal ones now are enjoying the longer periods of darkness. During these long nights you also have the chance to plan and look forward to the days becoming longer.

2007 12-22, 0072 - TURNING THE CORNER - Today on December 22nd we turn the corner, and for the next six months we'll see an increase in daylight every day. It is the excitement of anticipated Spring that helps the winter pass. Every day we also have the opportunity to turn the corner in our lives, creating new beginnings to help us be in tune with our life purpose.

2007 12-23, 0073 - BATTLING WINTER - For many people Winter is a struggle or a battle. We fight the snow, the cold, and long nights. Yet there are many beautiful aspects of Winter if one allows themselves to look beyond the negative. Life also can seem like a battle at many times. There is always the opportunity to look beyond and see positive discoveries that are waiting for you.

2007 12-24, 0074 - THE OLD WOOD PILE - There are a couple of old woodpiles on Kyle's Trail that were cut by a friend of mine when he still had a wood stove. Having a good supply of wood in reserve is like having options in your life, such as gifts and talents to use when you need it.

2007 12-25, 0075 - PEACE - Today is the day that Christians celebrate the birth of Christ. However, many other religions also have specials days this time of year. Imagine what it would be like if the whole world paused to feel Peace and Love.

2007 12-26, 0076 - WALKING ON ICE - Winter can bring about slippery footing, especially after a thaw and refreeze, so we have to be careful walking. We also need to be vigilant in life as we walk our soul's purpose.

2007 12-27, 0077 - LIVING IN A PICTURE PERFECT WORLD - Today was like walking into a postcard as I wandered down the old country road. However, winter is also a lot of work, even while appreciating its beauty. May you be able to appreciate the beauty of your world.

2007 12-28, 0078 - STARK BEAUTY - There are many beautiful images to observe in a gray-white winter landscape if one takes the time to focus in on them. There are also wonderful and beautiful things to observe in your life if you allow you allow yourself the time to discover them.

2007 12-29, 0079 - CREEPING ALONG - When the footing is slippery, I put on creepers to help me move along the ice. Many times we feel that we are creeping along in life. In life we have support from the teams that go with us to help us keep our firm footing.

2007 12-30, 0080 - WHAT'S IN YOUR BACK SEAT? - The back seat of my truck is filled with stuff that I might need on my winter walks. There is a facemask for cold, creepers to keep me from slipping on the ice, a ski pole to help with my balance, etc. As you walk through life, what do you take with you to help keep you in balance?

2007 12-31, 0081 - STUCK IN A RUT - This time of year many people feel like they are stuck in a rut, just like the ruts that have frozen into the country road I walk. You have the opportunity to change the ruts in your life if you choose.