

Message from the Mountain
2010

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2010 01-01, 0800 - PODCAST #800 HAPPY NEW YEAR 2010 - Happy New Year! This is also my 800th podcast. My goal for this year is to be grateful for all the miracles in my life that have happened and are yet to happen. My prayer is that I may share these with many people I may or may not know. Happy New Year!

2010 01-02, 0801 - A GRAY & WHITE WORLD - The world is gray and white today as it has been for the last few days. Still, if one looks carefully, there is color to be found in the landscape. There is also color to be found when you feel your life is nothing but gray and white. All you need to do is look.

2010 01-03, 0802 - A MIRACLE A DAY - We have started to consciously be aware of the daily miracles that exist around us. They take place all the time. Are you aware of them in your life?

2010 01-04, 0803 - BACK TO THE GRIND - The holidays are finally over and many people are returning to work, school or getting back into their regular routines that were interrupted over the past few weeks. Others are starting new routines to help them get in shape. Don't forget to include your contact with your spirituality as you get back to the grind.

2010 01-05, 0804 - TAKING ON RESPONSIBILITIES - It is good to take on responsibilities. Unfortunately we sometimes take on more than we can handle. Helping others is a wonderful privilege as long as we remember to do it within our capabilities.

2010 01-06, 0805 - HOW ARE THOSE RESOLUTIONS GOING - Now that we are progressing into the New Year, how are those resolutions going? Did you set goals that are achievable? To me, every moment is a time when we have the opportunity to start and continue changes that are best for our mind, body, spirituality, and emotions. The change not only can be good for you, but for others in your life as well.

2010 01-07, 0806 - AN ACT OF KINDNESS - A few days ago an older friend called and told me she wanted to give me something. Then she said she thought she was having a stroke. We immediately called 911 and she got swift medical attention. She is doing well and expected to fully recover. Her act of kindness could very well have saved her life.

2010 01-08, 0807 - UNDERSTANDING YOURSELF - Wouldn't it have been great if someone had taken the time when you were a child to encourage you to develop and use your psychic gifts? Wouldn't it be great if you encouraged children in your life to use their abilities and not be afraid of them?

2010 01-09, 0808 - LIVING IN A BUBBLE - We have been living in a weather bubble that has kept us free from the heavy snow and bitter cold temperatures that other parts of the country have been experiencing. We also live our lives in bubbles that can isolate us and sometimes protect us from the world outside. I try to live in a golden bubble, a place where I can communicate with the Universe.

2010 01-10, 0809 - SPIRIT GUIDES - One of the questions I am often asked is, "How do I know I have a spirit guide?" You may never actually see or meet your spirit guide. I haven't, but I know that I have a big guy that goes behind me. Connecting with your guide begins with giving yourself permission to believe that one really exists.

2010 01-11, 0810 - DO YOU HAVE A GUARDIAN ANGEL? - Do you have a guardian angel or angels that watch over you? I have had experiences my whole life indicating that there is something watching over me. I am sure grateful for that.

2010 01-12, 0811 - ANGELS AMONG US - Maybe there are living angels among us as well as angelic beings from the other side. I believe that we each can be an angel for someone else if we are willing to take directions from the Universe.

2010 01-13, 0812 - CAPTURING A PICTURE - I went out in the cold this morning to capture a picture of the alpine glow on the mountains to the west. I will not be able to hold the image in my mind as most of you can. For a short moment while capturing the images, I was one with the mountains.



2010 01-14, 0813 - MENTAL AIRBRUSH - Photographers used to use an airbrush to touch up photos for removing blemishes and make the images look better. Today this can be done digitally. You have a mental airbrush that can help you heal negative images in your mind. It starts with using the Universe's love.

2010 01-15, 0814 - LIFE IN THE GALAXY - It is tempting to create a world that is removed from life on the planet, and it is easy to imagine one as I sit here in the tree house looking out at the landscape. Yet, whether we like it or not, we are all connected to all the energy that flows in the galaxy. The recent earthquake in Haiti affects us all.

2010 01-16, 0815 - ATTUNE YOUR HEART TO LOVE - There are movements such as glcoherence.org that encourage people to spend a minute or two each day sending out love to help change the earth energy. Imagine how a positive change to the earth environment might be made if everyone sent out a loving energy.

2010 01-17, 0816 - FIFTEEN SECONDS - It only took fifteen seconds for an earthquake to devastate the country of Haiti. It took the earth a long time to get to the point of the quake happening. It will take a long time to rebuild. Now, perhaps if we each take fifteen seconds a few times a day to send out loving energy to the world, it will help in the healing.

2010 01-18, 0817 - CHANGING A MENTAL IMAGE - We often capture images in our mind that can haunt us for the rest of our lives. One way to help change them is to find another picture of hope and love that you can use to wash over the old image. It doesn't make it go away, but it can help to soften and heal the old one.

2010 01-19, 0818 - A NEW LEASE ON LIFE - Watching the dramatic rescues coming out of Haiti on TV reminds me of when I was lying in the street twenty years ago, not knowing if I was going to live or die. Every time we are given a new lease on life, we do have the opportunity to realign ourselves with our soul's purpose.

2010 01-20, 0819 - IN SEARCH OF SOMETHING - Today I am in search of something. Even if I think I know what that is, I am sure about one thing - what I am in search of and what the Universe finds for me may be the same or entirely different.

2010 01-21, 0820 - A SPIRITUAL CHECKLIST - People use checklists in many aspects of their lives to help keep them on track. Pilots, doctors, and even race teams use them. How would you use a spiritual checklist to help you in life?

2010 01-22, 0821 - GIVING ADVICE - Many people look for advice and guidance on almost every topic imaginable. It is tempting to give advice when asked. I find many people already know the answers - they just aren't listening to what they are telling themselves.

2010 01-23, 0822 - OBSERVING LIFE THROUGH NATURE - There are many lessons to be learned when one observes life through nature. After all, are we not a part of nature? Actually, aren't we observing ourselves as we take in the nature around us?

2010 01-24, 0823 - BUILDING SNOW ROADS - The walks on the trail the last few days have reminded me of the snow roads I used to build as a kid. With my feet close together I would shuffle through the snow driving an imaginary truck. That's the way I pack snow on the trails. That's the way I shuffle along in life.

2010 01-25, 0824 - STAYING IN THE GROOVE - If I do not stay in the groove of the packed down snow path, I can step off into deep powder that can fill my boots with cold icy crystals. It is easy to find ourselves out of the groove in life when we fall back into old habits that delay our soul's progress.

2010 01-26, 0825 - FIGURING THE DAY OUT - I started my day today as I do most days by trying to figure out how to proceed. Do I walk in the icy conditions on the trails or not? When the day is over I often find the Universe had it figured out better than I.

2010 01-27, 0826 - FROZEN FOOTPRINTS - My footprints that I left in the soft snow yesterday will be frozen today, and I know I will have to walk carefully so that I do not twist an ankle. Over time they will either melt or be filled in with new snow. We leave footprints wherever we go along our soul's path.

2010 01-28, 0827 - HAVE I WALKED THIS PATH BEFORE? - I often wonder as I wander the trails if I have walked these paths before in some ancient time. I feel a strong connection and have since I first arrived in the valley years ago. Perhaps you too have the feeling that you may have walked your path before?

2010 01-29, 0828 - DEJAVU - Have you ever experienced déjàvu? Perhaps you have found yourself in a middle of a conversation thinking that you have done this before. Perhaps you have in a different lifetime.

2010 01-30, 0829 - BEING NORMAL - Life is measured by comparisons to what is considered normal. At the same time, many of us have covered and hid up incredible abilities that are considered by others to be outside the normal.

2010 01-31, 00830 - BEING PARANORMAL - It is interesting to observe the world waking up to the paranormal. As more people open their minds, it may be that the paranormal will become the normal and then we may be considered normal after all.

2010 02-01, 0831 - ELEVATOR THOUGHTS - The other day we met a couple that we knew getting off an elevator in a hotel in a city a couple of hours away. We had both been staying there for different reasons. We hadn't seen them for some time. The man said that he had just thought of me as they were coming down the elevator. Was this a coincidental thought or a knowing thought?

2010 02-02, 0832 - AN EXTRA HOUR - Today the daylight has grown to over an hour since the shortest day of the year. The light has increased minute by minute. Imagine how spiritual light also grows minute by minute when you take the time to experience it.

2010 02-03, 0833 - HOW DO I GET STARTED? - I often hear from people who think they are new to a spiritual quest. They ask how they can get started. My answer to that question is that they have already begun, and there are teachers waiting to help them on their soul's journey. All they need to do is be open to that possibility.

2010 02-04, 0834 - WERE YOU A PSYCHIC KID? - I know a lot of adults who had unpleasant childhoods because of their psychic abilities. They saw or felt or knew things that others could not. They felt odd and had a hard time making friends. If you had experiences like this, perhaps you can help a psychic kid you know to learn how to use their special gifts rather than to be afraid of them.

2010 02-05, 0835 - FEELING SAFE - When you open yourself to your psychic abilities, how can you feel safe and protected as you face the unknown? A safe feeling starts with the understanding that you are not alone, and that you have strength and help and protection provided by your belief. Belief is an important step in feeling safe.

2010 02-06, 0836 - THINKING BACK - Every day that we exist we have more memories to think back on - not only from this life but also from other soul experiences. Perhaps there is an understanding that comes from the past that helps us focus on our soul's purpose in the now and in the future.

2010 02-07, 0837 - TREE TALK - When the wind blows in the woods, the trees talk out loud. Some of you can even hear the trees when the woods are silent. Trees are also good listeners. Perhaps you have a favorite tree you like share your joys and burdens with.

2010 02-08, 0838 - LEAKY WATERBED - Recently my wife and I were woken up in the middle of the night by wet pillows and sheets. The waterbed had sprung a leak. Fortunately we had another bed to sleep in. Life can be like a leaky waterbed. Your belief can help repair the leaks.

2010 02-09, 0839 - BIRD FOOD, SPIRITUAL FOOD - It is important, once you start feeding the winter birds, to continue providing nourishment until the snow goes. Once they become used to it, they may not be able to find other sources. It is also important to keep a good supply of spiritual nourishment on hand.

2010 02-10, 0840 - NEW SNOWSHOES - My wife gave me a new pair of snowshoes for my birthday. The bindings are much easier to fasten. It is good to update every once in a while. Our spirituality also updates from time to time.

2010 02-11, 0841 - A BRIGHT SHINY PENNY - On my birthday I found a bright shiny penny. I saw just a sliver of it sticking out from under an old wooden cash draw saved from my parents' telephone company office. For me, it was a message from my parents on the other side wishing me happy birthday.

2010 02-12, 0842 - WOODS FULL OF TURKEYS - The other day I looked out from the tree house and saw a woods full of turkeys. My wife counted over fifty. You never know what you'll see in the landscape of life unless you look.

2010 02-13, 0843 - A GOOD WINTER FOR WILDLIFE - So far it has been a good winter for wildlife here on the mountainside. The turkeys are fat, and the rabbits and deer are able to move about freely. It is not a good winter for those that depend on snow for their income. Nature will find a way to create a balance over time.

2010 02-14, 0844 - WAITING FOR THE NEXT STORM - Many people here in the mountains are anxiously waiting for the next storm. We have had several bare weeks, and the economy depends on the white gold. Many people spend their lives waiting for the next storm or the negative event to arrive rather than reflecting on the things that are beautiful in each day.

2010 02-15, 0845 - THE EGGS ARE HATCHING - I had a dream recently where I received a large package, and when I opened it, it was filled with eggs all beginning to hatch at once. It seems as if the Universe is sending a message that all of us are waking up together, and it is time to nurture the gifts we have been given to help others.

2010 02-16, 0846 - AN EXTRA PAIR OF GLOVES - I like to have an extra pair of gloves with me when I walk the trails. Actually I have several pair that all serve different purposes. I also like to carry my extra spiritual help with me wherever I go.

2010 02-17, 0847 - ON THE BIG SCREEN - We have had a digital projector for half a year, but I just recently decided to hook it up to the cable and watch TV on a big screen. It reminds me of the drive-ins I used to go to as a teenager. We often find ourselves on the big screen of life when we think the world is watching us. Usually the world is trying to take care of its own problems and really pays little attention.

2010 02-18, 0848 - PAYING IT FORWARD - I recently received a very special letter from a young lady thanking me for encouraging her to understand and use her intuitive gifts. Her class in school had watched the movie "Paying It Forward". In reality this young lady was my teacher during the times we discussed her gifts.

2010 02-19, 0849 - OLYMPIC GOLD - It has been interesting watching participants vie for gold medals in the Winter Olympic Games. Many are willing risk failure as they reach for the highest prize. Just like athletes we all have a natural ability at something. Are you willing to reach for the gold in honoring your soul's purpose?

2010 02-20, 0850 - WHAT A SHOW - This morning I watched a tom turkey put on a show as he strutted around just outside one of the windows. I think he is ready for the spring mating season. Every day I take the energy of Nature's incredible shows with me for inspiration as I walk my soul's path.

2010 02-21, 0851 - WHEN I GROW UP - I'm not sure if I will ever completely grow up. I hope not. Since my mind does not grasp images in the way other minds do, every day is a new adventure, and I feel I am just a child discovering the world for the first time.

2010 02-22, 0852 - OLD TOYS, NEW LOOKS - My grandson brought some of his favorite toys when he came to visit. They included electronic games as well as Legos. Legos have been around for a long time but they have a new look about them. We can always update our soul's principles and play with them as we walk our life's path.

2010 02-23, 0853 - A LITTLE LAUGHTER, SOUL MEDICINE - A little laughter is good medicine for the soul. It can be a way to look at situations in our lives from a different view. It can help us regain hope and heal the wounds of the past.

2010 02-24, 0854 - MAINE HUMOR - I learned growing up in Maine that Mainers have a different way of looking at the world. Their humor is often very subtle and the punch line can pass you by before you know it. The same is true in life. The joy can pass us by if we don't pay attention and look for it.

2010 02-25, 0855 - A WHITE JUNGLE - There is a white jungle outside the tree house this morning. The trees are laden with wet snow causing their branches to bend low. Familiar landscapes have disappeared for the moment. We sometimes get lost in the jungle of our mind, only to find our way again when the view clears.

2010 02-26, 0856 - A BETTER WAY - Almost every time that work is done to this podcast site something doesn't work when it comes to uploading a new message. It takes a little time for the experts to figure out how to integrate the old way into a better way. In life it seems the best way is to blend the old into the new, keeping the best of both ways.

2010 02-27, 0857 - THE MOTHER LODE - We certainly got the mother lode of snow the last few days. It took four hours to open the driveway, and it is still snowing. Sometimes we feel as if we get the mother lode of everything happening at once in life. Patience and trust helps clear the way again.

2010 02-28, 0858 - WEATHER EFFECTS - I wonder if this weird and wild weather that is happening throughout the world is also having a mental effect on humans. Perhaps you have seen uncharacteristic behavior patterns in people who cross your path?

2010 03-01, 0859 - MARCH ON - The first of March - a month that often can't decide if it is spring or winter. It is easy to be lulled into warm thoughts, only to be blindsided by a snowstorm. Life is a lot like March. It can run hot or cold. Just remember that April is just around the corner.

2010 03-02, 0860 - CHOCOLATE DREAMS - Last night I had some chocolate peanut butter soy ice cream before I went to bed. I had forgotten that chocolate causes me to have strange dreams. It was a night of dreams, and I will be interested to see what guidance I receive from them. Dreams can be a powerful connection to the knowledge of the Universe.

2010 03-03, 0861 - THERE IS MOVEMENT - Movement is taking place under the snow and in the ground. The sap is flowing, the plants are getting ready to push upwards into the open air and the animals are coming out of hibernation. Soon spring will be in full bloom. Can you feel nature's energy?

2010 03-04, 0862 - LEARNING TO IMPROVISE - Young musicians go through a process of learning to improvise. They learn to trust in their abilities and take the risk of playing in the moment. Life is like that. We develop abilities and then need to be willing to believe in taking the risk of using them.

2010 03-05, 0863 - WALKING ON SNOW - The last few days we have been able to walk on the frozen snow early in the morning before the sun's rays soften the surface. It is a lot of fun. Sometimes moving through life is the same way. May your walk today be a wonderful exploration.

2010 03-06, 0864 - A SPIRITUAL BUBBLE BATH - Someone recently told me that when she feels connected to the universe it is like taking a spiritual bubble bath. Feeling the Universe's warmth is a wonderful way to rejuvenate our tired spiritual body and mind.

2010 03-07, 0865 - RUTS IN THE ROAD - You can see the old ruts from summer traffic on the trails as the snow compacts. You can also see old wheel ruts under tar on some of the back roads here in town. One has to be careful driving not to be caught off guard in one. The same is true for the old ruts we have paved over in our unconscious minds.

2010 03-08, 0866 - IT IS A BEAUTIFUL DAY - It is a beautiful day today even if the weather is cold and damp. If we find something to be grateful for, then we have added beauty to our life. May you reflect the beauty of the day to all those that knowingly or unknowingly cross your path.

2010 03-09, 0867 - A DIFFERENCE IN THE AIR - There is a difference in the air these days. The changes indicate that spring is on the way. It is a season of planning and expectations of warm weather ahead. We can always create a difference in the air in our minds, no matter what the season, by taking a deep breath and feeling the Universe's love.

2010 03-10, 0868 - MANAGING ENERGIES - We are constantly surrounded by energies. We use energy to fuel our cars, our bodies, and heat or cool our homes. We also create and reflect positive and negative energies that have an effect on the environment within and without.

2010 03-11, 0869 - LIFE WORK - I believe we have the opportunity during our lifetime to help and encourage others as they travel their soul's path. I call this our life work. It can be what we do for a living or it can be separate. When we engage in our life work, we feel fulfilled.

2010 03-12, 0870 - TIME CHANGE - Last night we set the clocks forward an hour for a time change. We are also going through a spiritual time change as our souls wake up to the ancient knowledge within.

2010 03-13, 0871 - THE BLEAKNESS OF SPRING - We usually think of spring as a beautiful time of year when everything is in bloom. There is a time after the snow goes and before the bloom that the environment looks pretty bleak. We usually don't see that as much as the potential beauty that is there. Spring is a good example of how we can view other aspects of life.

2010 03-14, 0872 - THE BEST COOK IN TOWN - The March/April edition of Yankee Magazine features a wonderful local lady, Ruth Shackford, in a segment called "Best Cook In Town". Ruth has long been known for her beautiful cakes which can sell for over \$100 each at the annual Madison Church Cake Auction. Although we may not all be the best cooks, each one of us does have a special ability we can share with others if we choose to do so.

2010 03-15, 0873 - WILD WEATHER - The weather has sure been wild and unpredictable over the last year or more. Winter type hurricanes, above average temperatures, and abnormal rain and snowfall, have kept many of us busy dealing with whatever nature throws at us. It is a time to help each other weather the storms in all aspects of life.

2010 03-16, 0874 - THE RUSH IS ON - The spring rush of water is racing down the mountain by our house. The quiet stream is now roaring. Life rushes on this way sometimes. When it happens, step onto the bank in your mind and take a little break.

2010 03-17, 0875 - BLANK CANVAS - The landscape can become a blank canvas in the spring. You can see without the leaves how you would like to design for the future. You also have your experiences from the past to draw upon.

2010 03-18, 0876 - IT MIGHT AS WELL BE SPRING - We have been experiencing spring weather for several weeks now while it was still winter. Finally spring has arrived. My prayer today is that you find a spring in your steps and your heart as we enter this season of renewal and hope.

2010 03-19, 0877 - RIDING A BIKE - This is the time of year that children of all ages look forward to riding their bikes. For many it is a true sign of spring in climates that have been inundated by winter. Once we learn to ride, it stays with us. It is also time to get our spiritual bikes out to ride.

2010 03-20, 0878 - LIFE IN A PRACTICE ROOM - I can still remember what it was like to wander the hall on the third floor of the Boston Conservatory where there were many practice rooms. The mixture of sounds was very surreal. Many students spent hours in them perfecting their skills. I could only stay in them for a short time. I had to be out in the real world. We need to find a balance for our spiritual practice and real life experiences.

2010 03-22, 0879 - PRACTICE, PRACTICE, PRACTICE - Remember that old phrase "Practice, practice, practice"? To learn something new or maintain what you have, you need to practice. When you practice something, over time it becomes an automatic action of the unconscious mind. To help you make changes in your life, it is often necessary to practice, practice, practice.

2010 03-24, 0880 - USE IT OR LOSE IT - Once you have practiced something over and over, it is still necessary to use it in order to maintain the ability to do it. Many people get to a point, give up, and then lose the skill they have worked hard to develop. It is okay to continue to practice the good skills you have worked on.

2010 03-25, 0881 - PLAYING IN THE WATER - There is a lot of water running down the mountainside this time of year. 150 years ago it was used to power the old bark mill. Today I play in it, creating little rivers to keep the water from washing out the driveway and flooding the basement. When we are flooded in life, remember to play in your heart as you manage the forces around you.

2010 03-26, 0882 - I THINK I CAN - The huffing and puffing of the March wind reminds me of the story of "The Little Engine That Could". In it a little engine attempts to haul a large load up and over a mountain. It starts out singing "I think I can. I think I can". When you feel weighed down, you might ask the Universe for help, and hum to yourself, "I think I can. I think I can".

2010 03-27, 0883 - ONE SHOVELFUL AT A TIME - Recently I dug a ditch for the water to flow away from the Center. I started one shovelful at a time until I reached my goal. Sometimes we never get started on a project if we think of all the shovelfuls we have to take before it gets done. We lose focus on each individual action.

2010 03-28, 0884 - BELIEVE IT OR NOT - It is hard to convince others that things outside the realm of conventional reality exist until they have witnessed something they can't explain. Believe it or not, everyone has had that kind of experience sometime in his or her lives. Ask someone and see what they tell you.

2010 03-29, 0885 - WHEN IT RAINS IT POURS - Lately it seems every time it rains it pours. We have had several storms in a row that have inundated the region with water. It is a time to carefully watch and shape how the water drains through the yard. When it pours in life, sometimes it is our belief that somehow helps us keep our heads above the water.

2010 03-30, 0886 - LOOKING DOWN AT THE WORLD - My wife recently discovered when she looked out from the window in the tree house that she could see places where the old mill used to stand over a hundred and fifty years ago. The rain had filled the ancient cellar holes with water making it easy to spot. In life we sometimes need to get to a high place in our mind to see what exists around us.

2010 03-31, 0887 - HIGH WATER MARKS - In many New England places there are high water marks being set that haven't occurred for over 100 years. There is a lot of debris left on the banks after the water recedes. When we are flooded mentally, physically, spiritually or emotionally there are always leftover residues to clear away.

2010 04-01, 0888 - PASSION - I often ask my clients what their passion is. What really speaks to them? When I hear someone talk with passion, I know that there it is, flowing with Universal inspiration. What is your passion and how can you use it for the good of the world?

2010 04-02, 0889 - WORDS - Yesterday I used an incorrect word in my podcast. I meant to say resurrection and it came out rapture. It is amazing how one simple word can change the whole image. I have always been awkward with words, and my prayer is always that those who listen hear the right words for themselves in their minds.

2010 04-03, 0890 - FLEXIBILITY - A flexible tree can carry quite a lot of weight before it breaks. That said, nature's load is sometimes too much to bear as I am seeing by the effects in the woods of the heavy snows of this past winter. Spiritual flexibility can give us a better chance of surviving the heavy loads of life. You can bend with the weight.

2010 04-04, 0891 - A BEAUTIFUL SUNRISE - This morning I witnessed a beautiful sunrise as I attended the local church's Easter Sunrise Service. Regardless of one's belief, being a part of nature's beauty can fill you with peace and love. May this day provide the same for you.



2010 04-05, 0892 - GUIDED BY SPIRIT GUIDES - Recently my daughter and 6 year-old granddaughter were walking along a park trail when the little girl asked if they thought they could find their way back. My daughter said they could, and my granddaughter added that the Spirit Guides knew the way. She described them to her mother, and even said who she thought two of them were. How often are you aware that Spirit Guides guide you?

2010 04-06, 0893 - SPRING TUNE-UP - The vehicles are getting their spring tune-ups this month. So are the trails. Many of you are cleaning yards and sprucing up your gardens. It is also a great time to tune-up yourself, not only physically, but mentally, spiritually and emotionally as well.

2010 04-07, 0894 - YOUR SOUL'S FAMILY TREE - A hot topic at the moment is family genealogy. People are interested in their family history. Imagine that you may also have a soul family tree and it is possible that in your soul you may also be an ancestor in your family tree.

2010 04-08, 0895 - FIRST SPRING WALK WITHOUT ANY SNOW - Yesterday was the first time I have been able to walk the trails without encountering any snow. It was a walk filled with the hope of the seasons ahead. It was a time to dream the dreams of summer.

2010 04-09, 0896 - BUILDING MIND MODELS - Building mind models is something I learned to do when studying hypnosis. It is a way of learning how a person uses imagery to think. I like to know what someone does well first. By understanding our strengths it can make it easier to change our weaknesses.

2010 04-10, 0897 - WRONG BAND FOR THE ROOM - When I used to play a lot of gigs, I would sometimes find that I was in the wrong band for the room. In other words the audience didn't want to listen to the type of music we played. Music is a form of communication, and it is important in all communication that the participants are on the same level. Many people don't know how to do that.

2010 04-11, 0898 - BOOK SMART - A lot of people have a lot of book knowledge and very little practical knowledge. There are also a lot of people who have a lot of practical knowledge and little book knowledge. It is important to find a balance between the two.

2010 04-12, 0899 - SPRING BOUQUETS - The landscape is now dotted with spring bouquets. Splashes of yellow forsythias and daffodils can be seen as I drive down the road. It is a refreshing find after the drab early spring season. There are always some kinds of bouquets to find when we need a splash of hope in our lives, no matter what the season.

2010 04-13, 0900 - HONORING KNOWLEDGE - Over the years we accumulate a lot of knowledge. We may have libraries full of books or use the computer to research whatever we desire to know. Sometimes we forget to honor the knowledge that is within our soul.

2010 04-14, 0901 - NINE HUNDRED DIFFERENT WAYS - Yesterday was my 900th podcast. It has given me a chance to reflect on nature and life 900 different ways. Every view I see is never the same. Unfortunately, many people are stuck, day in and day out, always seeing life in the same way. I am grateful to the Universe for allowing me to share its beautiful messages.

2010 04-15, 0902 - THE FRAGRANCES OF LIFE - I have enjoyed the beautiful fragrance of the mayflowers my wife placed on the windowsill in the kitchen. I have stopped several times a day since she placed them there. They will be gone soon and I will look for the next fragrance to experience. There is always a new and different fragrance in life to investigate.

2010 04-16, 0903 - NATURE'S FICKLENESS - Here it is the middle of April and after beautiful spring weather with temperatures as high as seventy degrees, it is snowing. Nature sure is fickle. As a matter of fact, life throws a lot of curve balls too. April snow is sometimes called poor man's manure. Life's curve balls may actually be sending us in a better direction.

2010 04-17, 0904 - SO MUCH FOR THE FORSYTHIA - New snow has weighed down the delicate limbs of the forsythia that had proudly displayed its bright yellow colors to all those who passed by. The shrub's blooms may not recover again this season after the snow melts. I am grateful that I have had a period of time to observe and appreciate its beauty.

2010 04-18, 0905 - WRITING THINGS OFF TOO QUICKLY - I wrote the forsythia bush off too soon. During the day, the snow melted and the branches once again waved their yellow blooms proudly to passers-by. We often do the same thing in life. It is easy to get discouraged and give up, only to find that there might still be hope.

2010 04-19, 0906 - CONFLICTING VIEWS - Nature has sure presented us with conflicting views of winter and spring the last few days. The foliage that is a month ahead of schedule was covered with a blanket of snow. In the conflict many beautiful views were created by the contrast. When we get caught up with conflicting views in life, it is good to step back and take in the whole picture.

2010 04-20, 0907 - STAYING IN SHAPE - It is so easy to get out of the habit of staying in shape. When I miss a couple of days walking, I find my legs feel tired when I do get out for a hike. It is also easy to get out of shape spiritually when we forget to communicate with the Universe.

2010 04-21, 0908 - A GOOD MYSTERY - I love a good mystery. Not the who-done-it types but the paranormal types. I want to know how certain people can see the unseen or learn the true history of the earth. What are the true secrets of the Universe?

2010 04-22, 0909 - DISCOVERING AN OLD FRIEND - THE EARTH - Today is Earth Day. It is time to get acquainted again with an old friend that needs a little healing.

2010 04-23, 0910 - NEGATIVE TRICKLE-DOWN EFFECTS - I heard on the news that cigarette butts were among the greatest pollutants on earth. Each one that is discarded by a person eventually has a trickle-down effect on the earth. It is easy to forget how each one of our individual actions can have a positive or negative effect on the environment.

2010 04-24, 0911 - POSITIVE TRICKLE-DOWN EFFECTS - If we can find an advantage point in the Universe to observe what we are experiencing on earth, we have the opportunity to send and accept a positive energy that we can offer to negative situations. Imagine if all of us let the Universe's love trickle down through our beings to help heal the earth.

2010 04-25, 0912 - WHEN OLD IS NEW - In fashion if you wait long enough, the old styles come back. Of course they are always changed a little to get you to buy the new. The same is true with interests in the unknown and spirituality. That is happening throughout the world at this time.

2010 04-26, 0913 - WHAT'S REALLY NORMAL ANYWAYS? - We measure most everything by a standard of comparing it to what is considered normal. Anything outside of the norm is often misunderstood. The paranormal is considered to be outside the normal, but yet for many it is a natural state of what they may consider reality.

2010 04-27, 0914 - GHOSTS OF THE PAST - Recently I had the pleasure of exhibiting at a TAPS Beyond Reality event that featured the popular Ghost Hunters from the Sci-Fi Channel. People came from all over the country to experience the presences in the Mount Washington Hotel for two days of lectures on related subjects. We all have ghosts in our past that sometimes can stop us from going forward in life. Now is the time to acknowledge their presence and work with them for the future.

2010 04-28, 0915 - ROLLER COASTER RIDE - The weather has been like riding a roller coaster recently. Today, almost May, we have snow on the ground. In a couple of days it will be in the seventies. We also ride a roller coaster in life. Setting the ego aside and trusting in the Universe can drastically reduce the sharp ups and downs and smooth out the ride.

2010 04-29, 0916 - LEVELS OF COMMUNICATION - At a recent Chip Coffey gallery, the speaker paused and exclaimed that something had just walked behind him. During intermission I asked a medium friend what she had seen. She described a couple from the early 1900s that were taking a stroll through the ballroom where the event was being held. I didn't see them. We all communicate with spirits on different levels.

2010 04-30, 0917 - GHOSTS OF THE PRESENT - There seem to be spirits that have the ability to interact or communicate with humans. They can manipulate electrical energy and move items about. They can cause many of us to be afraid when we become aware of their presence. We also have many other fears that can haunt us daily in our lives.

2010 05-01, 0918 - THE FLOW OF THE DAY - It is interesting to see how the day flows. I usually start with a concept of how it's going to go, and the Universe takes over and it may go totally different. If I go with the flow, then it is a fascinating journey. When I fight the flow, it is often filled with ego frustration. That's when I think I'm in charge.

2010 05-02, 0919 - SHAPED BY THE FORCES OF NATURE - Nature plays a big role in shaping the landscape here in the mountains. The Universe also plays a big role in shaping our journey on our life path.

2010 05-03, 0920 - THOUGHTS FROM THE MARGINAL WAY - We have had a beautiful weekend walking the Marginal Way in Ogunquit, Maine. It is an opportunity to let the forces of the sea shape the thoughts in my mind.

2010 05-04, 0921 - TAKE TIME TO SMELL THE BLOSSOMS - What a wonderful time to experience the fragrant smells of the blossoms on shrubs, flowers, and fruit trees. I know that people with allergies may not appreciate those words, but as I do not recall smells in my mind, I celebrate the opportunity to be one with nature's beautiful creations.

2010 05-05, 0922 - GHOSTS OF THE FUTURE - What are ghosts of the future? Perhaps they are unresolved karma from the past. Perhaps they are premonitions of things that might happen or the awareness of what will be the result if we continue the path we are currently on.

2010 05-06, 0923 - PREPARING TO CAST OFF - Many people express to me that they know it is time to follow their passion of helping people. Then they question their ability to do it and to survive financially while they are doing so. It is good to prepare for the journey, trying out your passion, but there comes a time when to succeed you need to cast off and start to sail.

2010 05-07, 0924 - THE BIG LEAGUES - My grandson's first visit to a Boston Red Sox game reminded me of my own experience many years ago. We had no TV and so I thought the big leaguers were actually giants. Boy was I disappointed to find that the players were all normal sized! We all can play in the big leagues of life if we use our God given talents.

2010 05-08, 0925 - THE DISCARD PILE - What's on your discard pile? Perhaps you want to get rid of things that may still be useful, or you are holding onto items that should be on the pile. What's on your spiritual discard pile? You might ask yourself if an ability you do not value does any good for others.

2010 05-09, 0926 - A TRIBUTE TO MOTHERS - This podcast is a tribute to mothers everywhere who have brought into the world the ones who have the opportunity to change the vibrational level of the planet to one of love, healing and peace. We have the opportunity to live this beautiful legacy.

2010 05-10, 0927 - YOUR SUCCESS PILE - To accumulate a success pile you must first create some failures. These failures are stepping stones to build your successes on. Before you discard a failure, study it so that it can help you with your next success.

2010 05-11, 0928 - BREAKING POINT - Nature is a good example of what happens when we pass our breaking point. Some trees such as the oak are rigid and stand strong while others such as a pine will bend under the weight of ice and snow. All of these trees have a breaking point when they finally snap under pressure. Faith in something, or just the will to believe, can help us add flex to weather the storms in our lives.

2010 05-12, 0929 - PARLOR GAMES - A hundred and fifty years ago there was a lot of interest in parlor games, not only traditional games like cards, but also the paranormal. Table tipping and the Ouija Board gained in popularity with the spread of the Spiritualist Movement. That interest is once again sweeping the country thanks to media programming. It is fascinating to think that there is another reality existing around us.

2010 05-13, 0930 - TREE DAY - Today is the day that overgrown trees are scheduled to be removed at the Center. They have served their purpose well, and now it is time to open the area to more light. We sometimes protect ourselves with large things that have outgrown their usefulness and now prevent spiritual light from shining on our lives.

2010 05-14, 0931 - TAKE TWO - Today is "Take Two" day. The old skidder broke an axel yesterday, and the tree cutting operation came to a halt. Maybe that was a good thing because if it was going to happen, then at least it was in a place where the repair could be made relatively quickly. It could have been deep in the woods. Often the Universe has its own schedule for us to follow.

2010 05-15, 0932 - HIDDEN INSIDE - Most of the large pines tree that have been cut at the Center were found to have ants deep inside their heartwood. The condition was unnoticeable on the outside. People, like the trees, may have a lot going on inside that may not be seen on the outside.

2010 05-16, 0933 - NIGHT SOUNDS - Nature provides us with many different night sounds. We can hear owls, bear, and foxes. One sound that is rarely heard and very much missed is the whippoorwill. Some of us miss the sounds of nature because of the noises in our own heads as we over-think life situations. Trusting in something in the Universe can help restore the nature sounds.

2010 05-17, 0934 - A STRANGER IN THE WOODS - Yesterday I had the opportunity to see a rare sight. It was a marten in a maple tree in search of red squirrels. I had to consult several different sources to find a good picture for verification. I saw one once years ago. It was proof that animals can exist around us without our awareness. Other realities, such as miracles, can also.

2010 05-18, 0935 - TRIBUTE TO AN OLD FRIEND - Sunday I have the opportunity to pay a musical tribute again to an old friend Willie Harris who passed over several years ago. Actually we started jam sessions in his name when he was still alive to honor him for his support of local musicians. I have people in my life, both living and gone, that I silently pay tribute to every day. How about you?

2010 05-19, 0936 - BEACONS OF LIGHT - Wouldn't it be incredible if there was a movement of like-minded people that wanted to do something positive with their lives and be an encouragement for others. Together, perhaps these Beacons of Light could illuminate the world.

2010 05-20, 0937 - DELICATE BALANCE - Life is such a delicate balance. As we became painfully aware, an oil leakage off the coast can cause havoc throughout a very large area and affect life for years. Every action we take, either or positive or negative, sends a ripple that can alter the balance of life on earth. Those actions take place mentally, physically, emotionally, or spiritually.

2010 05-21, 0938 - IN SEARCH OF ROYALTY - Today we go in search of royalty in the woods. It is our annual lady slipper count. I am in awe of these regal pink ladies that stand in silence amidst the landscape. They are a reminder to me that the Universe creates beauty in many different ways.

2010 05-22, 0939 - TALKING TO THE UNIVERSE - When I am out in Nature I talk to the Universe. It is an opportunity to have a one-on-one conversation with a loving energy that is there to help me with my travels along my soul's path. You can have this conversation any place any time.

2010 05-23, 0940 - NATURE'S RENEWAL - Recently we had the opportunity to attend a lecture by noted Maine environmental author Dean Bennett. He spoke about his latest book "Nature And Renewal". It so happens Dean is my first cousin and was best man at my wedding. We both gained a love of nature from our grandfather. In his book, he shares a story that provides hope for the future.

2010 05-24, 0941 - CAUSE AND EFFECT - When we take an action, there is always the possibility that the action will have an effect on the environment. The out of control oil well in the gulf is a prime example. Imagine if we all took a positive action today, how it would affect the environment of all things around us.

2010 05-25, 0942 - PROTECTORS OF THE SWEET WATER - The hummingbirds returned this month, and as usual one will stand watch over the sugar water feeder to protect the territory from its rivals. They don't realize that if they shared, we would keep the feeder full for all. Sometimes we protect things we really don't have to.

2010 05-26, 0943 - IS ANYBODY OUT THERE? - Do you ever wonder if there is anything out there to hear your prayers? Have you ever thought that we were not alone in space? Do we have guides and angels that go with us? I can't say exactly what's there, but there sure seems to be something listening.

2010 05-27, 0944 - MY FAMILY - When my grandson was two, he was seated at a table in a restaurant with his mother on one side and his grandmother on the other. He reached out and took their hands and said, "My family". It was if he had known them from other lifetimes. All of us have a soul family as well as our biological family. It is possible to be related to family from other lifetimes too.

2010 05-28, 0945 - ON SCHEDULE - The season schedule seems to be different this year. We are way ahead of the summer. Then there is the 2012 schedule. That seems to be right on.

2010 05-29, 0946 - OBSTACLES - Nature is constantly creating obstacles on the trails in the woods that need to be cleared away. Every time there is a strong wind, debris from old dead trees covers the ground. The words we use can constantly create obstacles in our lives that keep us from being successful.

2010 05-30, 0947 - GIVING ADVICE - Do you have people come to you for advice? If so, what do you say to them? The question is, do you give yourself the same advice as you give others? For some reason people do not talk to themselves as they do to others.

2010 05-31, 0948 - SERVING WITH HONOR - Today, Memorial Day, we honor those who have served and are still serving our country in the military. They have given us the freedom to do many things, such as this podcast. It is my prayer that soon there will be a day when the world may live in peace.

2010 06-01, 0949 - JUNE, A NEW SEASON - June 1st. To many it is the beginning of a new season. When we forget to stay aware, we can miss the beauty of the changing seasons. Every day brings about a different season if we will only look for it.

2010 06-02, 0950 - THREE DIMENSIONAL THINKING - We have an engineer friend who designs products on a large computer monitor. He has a program that lets him three dimensionally put together and take apart the components of his inventions. We can all think three dimensionally to help others if we use our minds.

2010 06-03, 0951 - SUMMER MEMORIES OF A SIMPLER LIFE - Do you remember what it was to like to live without air conditioners? It was a time when we were forced to seek the comfort of the lake or the cottage or the old farm in the country. We don't escape to that simpler life as easily any more.

2010 06-04, 0952 - LIVING IN A HAZE - In recent days a thick smoky haze caused by forest fires in Canada has covered the valley. Fortunately the conditions changed when the wind shifted to a different direction. Many of us live in a mental haze. When that happens, reach out to the Universe to help you change your direction.

2010 06-05, 0953 - CHEERING FOR THE UMPIRE - There was a time when I was a kid that my father used to umpire Town Team baseball games. I used to work the scoreboard, and I would cheer for my father when he made a call that made the players mad. An umpire has to make a snap decision and can sometimes get it wrong. It is hard to make perfect decisions all the time in life. All we can do is use our best intentions.

2010 06-06, 0954 - GAUGING THE WEATHER - There are many ways in which we can try to gauge what the weather is going to do. We can listen to forecasts, perhaps feel weather changes in our bodies, or use instruments such as a barometer. We try to gauge the forecasts of life by going to psychics, using our own intuition or looking at economic forecasts. In reality no matter how hard we prepare for the future it happens in the moment.

2010 06-07, 0955 - WHAT'S IN YOUR CHANGE JAR? - Do you collect your spare change? If so, what do you do with it? Perhaps you buy something that you've been saving for. I hear from a lot of people that want to change their lives. I suggest they look in their change jar of abilities and take stock. Perhaps they have enough skills saved already.

2010 06-08, 0956 - PUSHING THE WRONG BUTTON - I lost the first podcast recording this morning when I pushed the wrong button and accidentally deleted it. Then again, maybe that was the way it was supposed to be. It is easy to push the wrong buttons of other people when we are acting with the best of intentions. Remember, the best of intentions is your perfection in the moment.

2010 06-09, 0957 - STANDING GUARD - As I watch the humming bird standing guard over its territory, it reminds me of the many people I meet who stand guard over their hearts. They may have been wounded before and work hard to protect themselves from it happening again. At the same time, that natural love inside is a gift for the world if they will take the risk of sharing.

2010 06-10, 0958 - UNDER THE SURFACE - Yesterday my wife asked me to remove the stump of an apple tree that broke off in a snowstorm last winter. It was only 3 or 4 inches wide and I thought it would come out easily. Not the case! I finally had to get the truck and pull it out of the ground. Apple trees like people have much more buried below the surface than we sometimes realize.

2010 06-11, 0959 - ALL RIGHT - You can learn a lot from the way someone responds to the question, "How are you doing?" Often it isn't their answer, it's the way they say their answer. When someone responds to you, "All right", listen to the flow of the words for the truth.

2010 06-12, 0960 - BALANCING YOUR SOUL'S TEMPERATURE - I have noticed that in the summer I am much more tolerant of cool temperatures in the house than I am in the winter. When it is in the low sixties I am reaching for the heat when it's cold outside. This time of year I do not feel the need to do that. We are also, at times, more tolerant of conditions in our lives than at others. Our spirituality can help balance our soul purpose.

2010 06-13, 0961 - MAINTAINING THE TRAILS - We have recently had some maintenance done to the main trails at the Center. Every three years or so we have the sides cut so that the path stays open. We need to also spiritually maintain the trail of our life work so that we do not lose our way.

2010 06-14, 0962 - WHAT'S YOUR STUFF WORTH? - People are often very curious to learn how much their stuff is worth. Something you thought was valuable may in fact be worthless. Many of us either overvalue or undervalue our gifts and abilities. Their real values are how you use them to help others.

2010 06-15, 0963 - THE POWER OF HYPNOSIS - Many people think that a hypnotist has the ability to use mind power to control people. The truth is that every individual has the ability to use trances to bring about powerful changes in their life. This is how I connect to the Universe.

2010 06-16, 0964 - SPIRITUAL NOURISHMENT - Just as we provide nourishment for the birds, we need to always keep a supply of spiritual nourishment on hand to feed our souls. It could be a walk, reading an inspirational passage, or having a conversation with your guides, angels or the Universe.

2010 06-17, 0965 - HAVE A NICE DAY - I am not a fan of having people say to me in automatic non-sincere words, "Have a nice day". To me it is almost a red flag that the day may not go the way you thought and opens to disappointment. I like to have someone say, "May you have a wonderful day." That to me means that, with the Universe as a partner, it will be a perfect day, not necessarily as I thought but as a part of a bigger plan.

2010 06-18, 0966 - SOMETIMES I FORGET - Sometimes I forget that I am just a speck in this vast Universe and not the center of it. That is when I get impatient about the way the day is progressing. Usually when I feel this way I soon realize that there are other events taking place that are placing my speck in the right order of the big scheme of things. That was the case in Rockland recently.

2010 06-19, 0967 - LIGHT PLAY - This morning the dramatic play of light as it filtered through the leaves focused my attention on a family of titmice that had come to the feeders. I might not have seen this beautiful scene in nature had it not been for the shimmering sun light. The Universe stands ready to shine its light to help you focus on the beauty you might have otherwise missed.

2010 06-20, 0968 - FATHERS' DAY - Today is Fathers' Day. It is a time to celebrate the positive influences from our fathers that many of us have felt during our lives. In the soul experience we may also recognize those that have been our fathers in other lifetimes that are still with us in other roles today.

2010 06-21, 0969 - SUMMER SOLSTICE 2010 - Today marks the beginning of summer. The pagans celebrated the solstice on the longest day of the year and asked the Universe for a productive growing season ahead. Today we can all ask the Universe to help us be productive in achieving our soul's purpose.

2010 06-22, 0970 - THE GAME OF LIFE - Yesterday on the way to the orchard, I saw a partridge standing guard over its young. They scooted away when I went to open the gate. Shortly afterward I encountered a hawk that I believe was stalking the young chicks. I realized I was watching the game of life played out every day in nature. Of course we too are part of that game.

2010 06-23, 0971 - A SPECIAL DAY - Today is a very special day. It is Penny and my wedding anniversary. I believe it is a partnership that has been going on for many lifetimes. We work together to honor our soul purposes with love and appreciation of the bond between us.



2010 06-24, 0972 - TODAY OR SOONER - I hear from a lot of people that want to make changes in their life "today or sooner". Often they go on to tell me they have been thinking about the change for a long time. It seems that many of us do not listen to ourselves until something forces us into making a decision.

2010 06-25, 0973 - THREE MINUTES - I heard on the news this morning that a violent storm lasting only three minutes uprooted one hundred year old trees. It only takes a matter of seconds to cause devastation in nature and in human life. Imagine how taking three minutes a day to focus on love would affect our environment.

2010 06-26, 0974 - BUILDING A FOUNDATION - When we watch someone that is very good at what they do, we often do not realize the work that has gone into perfecting their skills. A frost wall is the supporting foundation that goes deep into the ground and then provides a stable base on which to build. Many people lose confidence because they do not have a firm foundation in their belief.

2010 06-27, 0975 - WINDOWS AND DOORS - Could you imagine living in a building with no windows or doors? That is what a lot of people put around themselves when they live in fear or defeat. The foundation of our belief can help us create doors and windows to look out into and even step into the world beyond the walls.

2010 06-28, 0976 - SEALING THE CRACKS - It is possible to get cracks in cement walls and foundations. It is important to seal them when they occur to protect the integrity of the structure. The same is true when we get cracks in the foundation of our belief. It is good to constantly maintain our spiritual connections and seal up any cracks of doubt and fear.

2010 06-29, 0977 - NATURE'S FLOWER GARDEN - Nature has a habit of planting flowers in unexpected places. This time of year it's the foxgloves. I believe that there are a lot of human flowers on the trail of life planted by the Universe. I consider you one of them.

2010 06-30, 0978 - WANTED: SEEDS TO SOW - We just made plans to have a small field created later this summer at the View. It will be good for both animals and humans, encouraging wild blueberries and planted to clover. We also hope to have lots of wildflowers, including lupine. If you have seeds to share, that would be wonderful. The seeds are a symbol of how we can also share positive acts with others, sowing seeds of hope.

2010 07-01, 0979 - A CONSTANT BUZZ - As I walked the trail the other day, I became aware of a constant buzzing sound around me. Not sure if it was my ears or traffic in the distance, I determined that it was the insects going about their lives. Some of us have such a constant buzz of thoughts in our minds that we never get to hear the buzz of nature. It is good to find a quiet spot and listen.

2010 07-02, 0980 - CHANGING THE PATTERN - We have a somewhat regular pattern that we follow in our day. After the podcast I usually go for a walk and then to town etc. We need to change that pattern today or we will probably get stuck in heavy holiday traffic coming into the valley. It is also good to know when to change negative patterns, if any, in your life.

2010 07-03, 0981 - TO A WILD ROSE - Quite a few years ago, when I was still teaching, we had the high school vocational class do a little landscaping behind the garage. That next spring my father-in-law died, and that summer we discovered a wild rose in bloom where the students has worked. I knew it was a gift from beyond, and today its small red blooms grace the landscape.

2010 07-04, 0982 - HAPPY BIRTHDAY AMERICA - Happy Birthday America. It is a day to celebrate with family and friends and to observe old traditions or create new ones. It is also a time to remember those who have served and continue to serve to uphold the freedom we are blessed with. It is also a time to remember the Native Americans that surrendered their freedom when we claimed ours. It is my prayer that someday soon the world can live in harmony and freedom.

2010 07-05, 0983 - MARCHING TO A DIFFERENT BEAT - Last night I played taps at a Revolutionary War reenactment ceremony honoring spirits of soldiers past. That reminded me of soldiers in the Civil War who didn't want to fight, but as many of them were fighting with others from their hometowns, it was a matter of reputation even if they were killed in battle. I'm sure many people feel that way in life today. Then this morning I saw a story of a restaurant owner who had organized 52 restaurant in his area to feed the homeless once a week for a year. He called it a "movement".

2010 07-06, 0984 - SUMMERS PAST; REMEMBERING HEAT WAVES - This hot weather reminds me of some of the heat waves that I have suffered through over my lifetime. As a kid, it was days at the lake and hot bedrooms at night. In Boston, in college, the breezes were just as hot as the temperature. We tell stories of the past while children create memories for the future. Just remember these days in January.

2010 07-07, 0985 - THINKING IN THE HEAT - We think differently after we have been in the heat for a while. We change our daily routines and sometimes make decisions that are not reasoned out. When we get away from the heat, things come back to normal. When the heat of life gets to you, it's good to have a cool place in your mind.

2010 07-08, 0986 - SHARING STORIES - As you know, I share a lot of stories in my daily five-minute podcasts. As we age our experiences become stories. Others may or may not want to hear them. Think of children for a moment. When they imagine, are they remembering stories of experiences from their soul's journey or are they just making things up?

2010 07-09, 0987 - ENCOURAGING THE DEVELOPMENT OF INNER GIFTS - When I saw a recent photo of my six-year old granddaughter painting, it was like seeing an artist right out of the late 1800s. Perhaps she was there in her mind. Wouldn't it be great if children of all ages felt free to connect with their inner gifts and abilities that are a natural part of their soul experiences?



2010 07-10, 0988 - ACTS OF KINDNESS - A week or so ago we walked the Ledge Trail and found that someone had mowed part of that and the whole of the Bickford Trail that connects to the Albert Road. That was a lot of work, and my wife and I, and all those that walk the trails, greatly appreciated it. Thank You! Every time someone offers an act of kindness, it has the potential to result in long lasting and far reaching positive vibrations touching many.

2010 07-11, 0989 - BOYS BEING BOYS - I often talk about the importance of giving oneself the opportunity to approach the world from the eyes of a child - to keep positive childlike qualities so that we still enjoy what peaked our interest when we were young. Last week I watched three "boys", now in their 40s, playing music together. They had performed together since they were teenagers, and the joy on their faces said it all.

2010 07-12, 0990 - BURNOUT - Many of us experience burnout in our lives, often more than once. It is usually when a passion becomes an unbearable burden to carry. That's when we are doing it alone without the strength of the Universe helping.

2010 07-13, 0991 - PLANTING CEDAR - Someone just gave us some cedar seedlings to plant. My wife and I love cedar and have been able to find only one old tree in our woods, growing near an abandoned cellar hole. It is our hope that we are starting new cedar groves for future generations to discover. The cedar is a symbol of what we can each plant every day in thoughts and actions for a better world.

2010 07-14, 0992 - MAYBE ANGELS ARE WATCHING OUT - Yesterday afternoon a car rolled over in front of the Hypnosis Center. There seems to be at least one accident a year within that 2000-foot stretch of road. There also seems to be a lack of major injuries related to the accidents. Maybe there are angels watching out.



2010 07-15, 0993 - THE PROCESS OF DEFINING - When I started the podcast today, I had a choice of four different ideas to talk about. When I finished, the topic was none of those. The message defined itself over the process of recording it. The more we can define our thoughts, the more we narrow down the direction.

2010 07-16, 0994 - DOES ONE SIZE FIT ALL? - Have you ever worn clothes advertising "one size fits all" that don't fit you? There is a lot of one-size-fits-all advice out there also. I believe that you are a unique individual, and you do not have to wear any advice that doesn't fit.

2010 07-17, 0995 - NIGHT OWL - The other night I heard an owl hoot from out of the darkness. I do not see owls very often and yet they live right nearby. There are a lot of elements with us in life that we may not see or hear on a daily basis. It is comforting to me to know I'm not alone.

2010 07-18, 0996 - POOR CONNECTIONS - I meet a lot of people that have either lost or diminished their connection to the earth. They find themselves off balance and out of touch. It is always possible to reestablish your connection to the Universe. It may not be the same, but it can still be powerful.



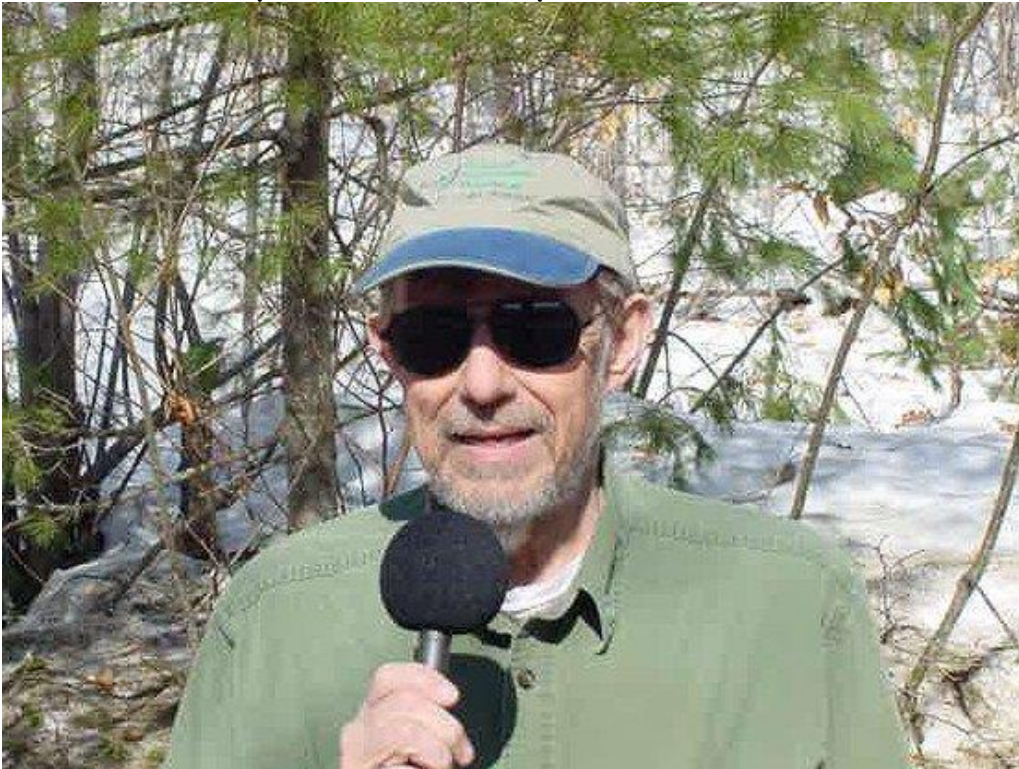
2010 07-19, 0997 - DIAMONDS IN THE SKY - How often do you look up at night and see the diamonds in the sky? They are always there, even when clouds cover the view. Sometimes it's the clouds in our mind that block the beauty that is surrounding us. Imagine what it is like to see the beauty of the world through the magical eyes of a child.



2010 07-20, 0998 - BATTLES IN THE MIND - A couple of people have told me recently it feels as if there is a battle going on in their minds. They are in the middle of two forces, each critical of the other. What is the first step to bring about peace? I think it starts with establishing a dialogue from a loving standpoint where mediation from the Universe can lead to a lasting peace.

2010 07-21, 0999 - TAKEN OUT OF CONTEXT - This morning there was a story on the news of someone who was fired for a speech she had made where her words were taken out of context. Of course others were waiting for her to make a mistake so they could use it against her. Now everyone is embarrassed, but the harm is done. When something seems out of context, perhaps it is good to try to look at the whole picture before leaping to judgment.

2010 07-22, 1000 - PODCAST 1000 - Today is the 1000th "Message From The Mountain" podcast - something like 3 1/2 days of talking. The five minutes a day I connect to nature and a greater source allows me to feel the power and comfort of the Universe's words and love. It is always my prayer that those who listen may have the same experience.



2010 07-23, 1001 - VIBRATIONAL EFFECTS - There is a theory that every vibration or thought that we have becomes a reality. What if the environment absorbs these vibrations and the physical objects the thoughts come in contact with? Imagine what the effect would be if everyone sent thoughts of peace and love out into the environment and also sealed them into every thing they touched.

2010 07-24, 1002 - REWORKING THE LANDSCAPE - I've enjoyed watching a friend rework the landscape at the Center. He has been grading the land to help improve the drainage and provide an opportunity for future gardens. Without the changes, it would have been hard to promote new growth. Reworking the landscape of your mind (your thoughts) provides opportunities for your new growth.

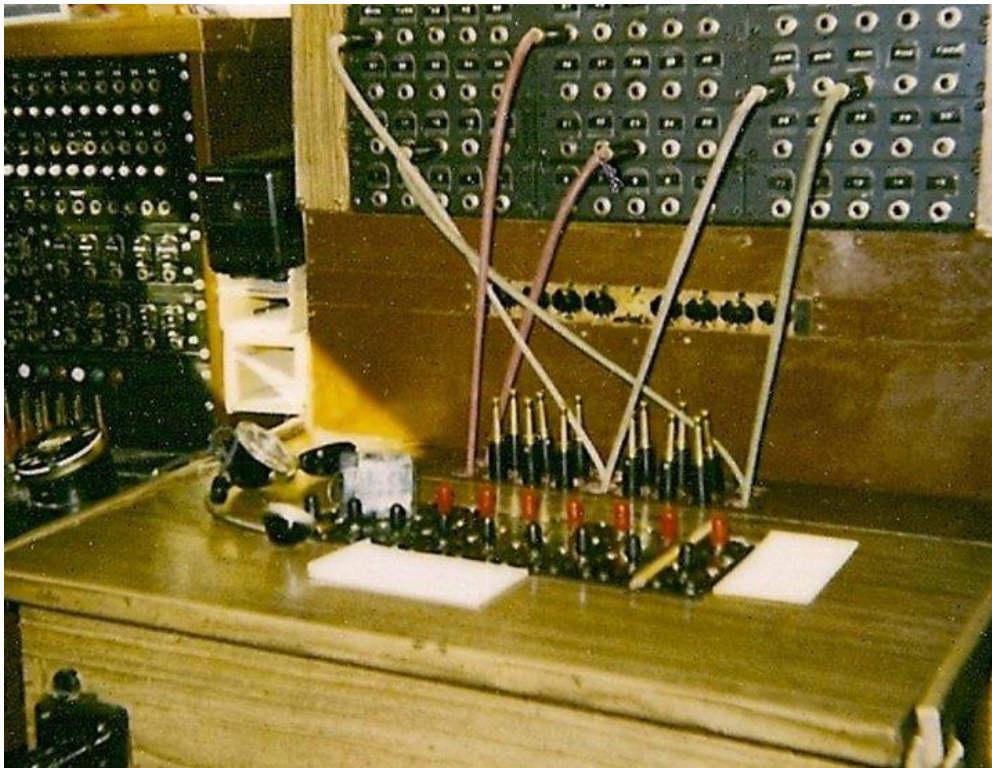
2010 07-25, 1003 - SPIRITUAL CONDITIONING - If I fail to take my nature walk for a few days, I find that my legs need to get into condition again. The same thing happens when we are away from our spiritual connections. This podcast helps me stay in daily spiritual condition.

2010 07-26, 1004 - WINDS OF THE FUTURE ARE BLOWING NOW - Today's podcast is inspired by a story I heard yesterday of a local church that wanted to finish off a large open space for a multipurpose room. The cost was \$10,000 and they had no funds to do it. A notice came in the mail informing them of unclaimed funds in a bank. It was \$11,000 and the addition was finished for their 175th anniversary. The message is "trust in the winds of the future".

2010 07-27, 1005 - SPIRITUAL RESPONSIBILITIES - Did you ever ask yourself while going through a life experience, "What are my spiritual responsibilities?" Sometimes getting away in your mind helps you redefine your role in what is taking place around you. I am constantly asking the Universe.

2010 07-28, 1006 - THE NATURE OF LIFE - I think that most of us spend a fair amount of time trying to figure out and understand the nature of life. At least, I do. There are ups and downs and always some sort of drama. How can we step out of this play to get a perspective of the whole and at the same time remain on earth?

2010 07-29, 1007 - DROPPED CALLS - With all of the technology we have in the world today, it is still possible to find yourself disconnected, as I recently did when I called my wife from the Center only a thousand feet away. She then called me back over an old-fashioned hand crank phone that runs between the two buildings. A lot of people aren't sure when they talk to the Universe if their call is connected or dropped. It's connected. It just takes time for the answer. It takes trust.



2010 07-30, 1008 - CLEARING THE AIR - Today Nature is clearing the air. It is cooler and less humid and cleans the air in the house as well. People forget to clear the air inside themselves. All we have to do is simply breathe up from the ground and down from the stars and let it center in our hearts with Universal love. Just breathe it in and out.

2010 07-31, 1009 - FROZEN MOMENTS - Do you have frozen moments in your mind? They may be positive or negative. They may be from the past or the future. You may feel, hear, see, taste, or smell them. It is amazing what exists under the surface of our daily existence.

2010 08-01, 1010 - WHAT IS PERFECTON? - What is perfection and how often do you achieve it? Is it possible to reach perfection here on earth? A lot of us stop trying because we can't do it well enough. Perhaps if we included joy in the process it would be closer to perfection.

2010 08-02, 1011 - SQUEEZING THROUGH THE SEAM - Have you ever struggled and struggled to create an opening in your mind to a memory or for creativity, only to find that once you opened it, you stepped into a vast unconscious knowing? Once we open the seam to past lives or other realities, we often find ourselves in a place with a different perspective on life.

2010 08-03, 1012 - A SUDDEN MISSTEP - My 9-year-old grandson Carter broke his toe last night while visiting us and inspired this podcast. After a trip to the ER, he is on the mend. Most of us know that it is easy to take a sudden misstep in life. I wonder if missteps are somehow part of our overall master plan? Perhaps missteps are a part of a karmic balance.



2010 08-04, 1013 - LIFE BELOW THE SURFACE - A frog population has moved into the meditation pond at the Center. A lot goes on below the surface in that small space. There is also life below the surface of our selves. We hold in worries. We need fresh positive thoughts to help remove the stagnation.

2010 08-05, 1014 - LIFE ABOVE THE SURFACE - When the frogs are out sunning themselves, they know they can hide below the surface of the water. Many of us hide our gifts and talents below the surface because we are afraid to let them rise above the surface. Our fears are what often hold us back from succeeding.

2010 08-06, 1015 - SEARCHING FOR PEACE - Finding peace is something that I think we search for our whole lives. We look for a perfect place where we can escape intrusion from the outside world. That's why I love it in the mountains or at the ocean. We also need an inner peace that we can find through our connections with the Universe.

2010 08-07, 1016 - KNOTTY PINE PANELING - There is something about knotty pine paneling that I have loved since I was a kid. It has a special character to it. People also have character in their souls, like the pine.

2010 08-08, 1017 - MIND VOYAGES - As a kid I loved to play in the water. The smallest mud puddle became a vast ocean with great adventures waiting. I still imagine sailing the seas, sparring with the wind, or hiking new trails in my mind. Every day provides an opportunity for a new voyage with unknown mysteries to explore.

2010 08-09, 1018 - AIR BETWEEN MY TOES - I have just rediscovered in this hot weather the benefit of wearing sandals. The air between my toes not only helps me feel a little cooler; I find that I am closer to the earth's and the air's Universal energy. That helps keep me grounded as I walk my soul's path.

2010 08-10, 1019 - IMAGES OF AN OLD ROMAN - Over the last few years I have experienced images of an old Roman soldier who is either being prepared for battle or worked on after the conflict has ended. They first started when I was having massage and acupuncture. Then again, there was always something about those Roman statues. Sometimes I can almost feel the energy of this character from the past pulsing through my body. Is it I from another time? After all, I'm enjoying my sandals.

2010 08-11, 1020 - THE RHYTHM OF LIFE - In music there is an old tune entitled "It Don't Mean A Thing If It Ain't Got That Swing". Swing music has a certain feel to it and the skilled musician knows how to play within the parameters of the beat. I believe that each of us has a built in rhythm to life and when we get out of sync, we lose the flow. The key is to always feel the rhythmic pace the Universe has set for you.



2010 08-12, 1021 - DRY SPELLS - We are in a dry spell here in the valley and could use some rain. Like the weather, we can hit dry spells in our life where we need to get our creative and spiritual thirst quenched. Fortunately there is a deep reservoir in the Universe to draw from if we remember to dip into it.

2010 08-13, 1022 - REMOVING A TRAIL HAZARD - The other day we came upon an old dead tree half broken from the trunk and lodged over the trail. It was a hazard. We got a tow strap from the truck, and my wife and I, after a little effort, were able to clear it. It is always a good idea to be aware of the hazards on your trail of life and to put a little effort into removing them.

2010 08-14, 1023 - TOUGH SEASON FOR BEARS - This dry spell has made it difficult on the bears. There was not much of a blueberry crop this year and the blackberries are not quite ripe. Therefore there has been a lot of local encounters at homes in the area. Even when it is harder, nature has a way of providing for them as the Universe does for us when we are out of spiritual nourishment.

2010 08-15, 1024 - THE DRAMA OF RAISING FRUITS & VEGETABLES - It seems as if the birds and animals and insects all want a piece of your garden. This year it's the ravens after the blueberries and apples. They are so far winning this match. In life it often seems as if when you have something going well everyone else wants to hog in. I guess the trick is to always plan on having enough to share.

2010 08-16, 1025 - THE ART OF STORY-TELLING - I was recently reminded at a hypnosis convention how developing the art of story-telling can be a powerful tool to help people change their lives. I remember how I was mesmerized by the stories I heard as a child. We all have stories we can share that can inspire others.

2010 08-17, 1026 - ARE YOU HAPPY WITH YOUR STORY? - We are all stories, just as every tree, insect, flower, or drop of rain has their own stories. You can change your story if you are not happy with it and create a new one. Do you know how? The Universe may be able to help you if you ask.



2010 08-18, 1027 - THE FIRST SMELLS OF FALL - Yesterday I experienced the first smells of fall. It was rotting leaves that had recently fallen from trees that were starved for moisture from the lack of rain. Still it is a sign that the seasons are about to change, but if we focus on the Now, there is over a month of summer left to enjoy.

2010 08-19, 1028 - WAITING FOR THE STOP SIGN TO CHANGE - The other day I was engaged in conversation with my wife as we left the parking lot of a local store. When I came to the stop sign, I patiently waited for it to change. Then I noticed an impatient driver behind me and realized the stop sign was not going to change, so I had to venture out into the traffic. We do the same thing on the road of life.

2010 08-20, 1029 - REDISCOVERING AN OLD FRIEND - My old tractor is waiting patiently under a blue tarp for the next time I will need it. I may not start it until late fall, but it sits ready when needed. We also have spiritual resources that wait patiently for us to rediscover them as we progress through the seasons of life.

2010 08-21, 1030 - MAKING ADJUSTMENTS - Today the air is the coldest it's been in a while. It is sweatshirt weather. It won't be long until we will think a morning like this morning is a warm one. It's all about making adjustments, and that not only applies to the weather, but life in general.

2010 08-22, 1031 - WHAT ARE YOUR INTENTIONS? - Do you have any intentions in life? What is it that you hope or had hoped to accomplish? Perhaps you have given up on an old dream of accomplishing something that you now feel is out of reach. Think of the reality of your intention and give it permission to come to fruition. Let yourself believe.

2010 08-23, 1032 - FINALLY A RAINY DAY - Finally we have a rainy day and you can almost see the smile on the leaves' faces. It is also good for us to take a day once and a while and enjoy the rain and reflect on things in our lives. It is nourishment for the soul.

2010 08-24, 1033 - DEFINING WHAT YOU WANT - When you send out your intentions to the Universe, you may want to be careful how you define what you want. Giving thought and positive energy to a prayer for the greater good and defining the purpose and outcome may help sharpen the image of reality.

2010 08-25, 1034 - AN EYE IN THE SKY - A friend has been losing the vision in one eye and yesterday was told that he might have a brain tumor. I sent out word to a few of his friends, and intentions were set that this was not the case. Later that day some of us saw a large eye-shaped cloud in the sky, and about that time he found out that the problem was a swelling in the eyeball, no tumor, and his sight should return with time. That eye in the sky is with all of us.

2010 08-26, 1035 - A WRITING ROUTINE - I am currently in the middle of writing a second edition for the "Idiot's Guide To Past Life Regression". To meet the deadline I have set a writing routine where I need to produce so many words a day over a specific time period. I also have a spiritual routine every day that enhances the writing routine.

2010 08-27, 1036 - THE RESILIENCY OF NATURE - I marvel at the amount of wildlife that we see here in the mountains. The animals have been able to adapt to humans and seem to, not only have survived but also in many cases, flourish. The human spirit also has a resiliency that can help us persevere.

2010 08-28, 1037 - BEAR HOLLERS - The night before last I heard a couple of bear hollers in the night. Yesterday about noon I saw the bear, a yearling, on our front lawn eating some black berries. I think it was just learning to use its voice - it was weak but soon will be strong. Like the bear, your voice is also getting stronger as you search for spiritual purpose.



2010 08-29, 1038 - ROAD HAZARDS - The young bear was taking a big risk when it chose to cross the busy road in the middle of the day. Fortunately it made it across. We face mental, physical, spiritual, and emotional road hazards every day on our walk of life. I always thank the Universe for safe travel.



2010 08-30, 1039 - SERENITY ON THE WATER - Yesterday we were invited to spend the afternoon and evening on the water. Our friends love to go out into the lake on a calm day and cut the engine and just drift and watch the sunset. What a way to find peace and serenity on the water.



2010 08-31, 1040 - HOW DOES THE SPIDER GET TO THE OTHER SIDE? - Have you ever wondered how a spider can spin a straight line between two points? You may know, but I don't. Perhaps we can use the same concept to help us reach for what might seem unreachable. Perhaps belief can be an anchor that provides the cord that holds us.

2010 09-01, 1041 - SWIMMING WITH THE DOLPHINS - A friend just sent me a photo of her swimming with the dolphins. It reminded me that many people have told me that that is something they wished to do some time in their life. Maybe their unconscious mind remembers when they swam with them before.



2010 09-02, 1042 - THE CALM BEFORE THE STORM - We are experiencing the calm before the storm. It is an uneasy soft breeze that blows across the valley today. We have no control over what comes next. Fortunately in life we can be aware and take steps to calm the storms within.

2010 09-03, 1043 - A DIFFERENT KIND OF SUMMER - In some ways this has been a different kind of summer. It went by in a blur again, but the leaves on some of the trees seem to be behaving differently. Ones that would be turning red are still green. Others are just falling off. There's just something different this year.

2010 09-04, 1044 - I REALIZED WHAT WAS DIFFERENT - I think I have realized one thing different about the summer. Many of the people that I know have made a shift in their focus and are figuring out how to honor their soul's purpose in ways that can benefit the earth and those that live on it.

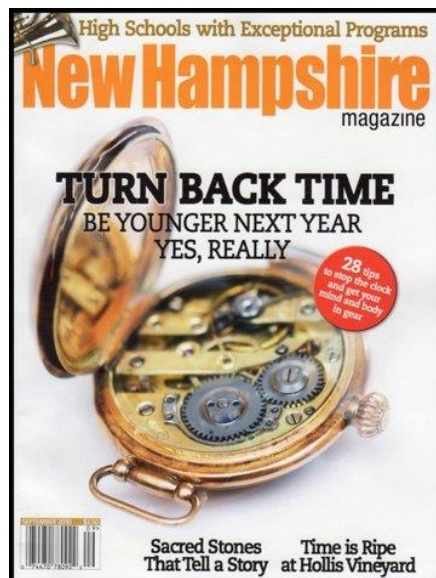
2010 09-05, 1045 - THE SMELL OF FRESH BREWING COFFEE - There is something about the smell of fresh brewing coffee. Our coffee pot grinds the beans and then brews it. The smell is part of my morning meditation. It reminds me to be grateful and it is a way to connect me to the Universe.

2010 09-06, 1046 - TABLE TIPPING - Have you ever experienced table tipping? It is a form spirit communication. It is used as a tool to help people get in touch with their unconscious mind. The question is where does the energy to tip the table or move a pendulum really come from?



2010 09-07, 1047 - IN THE ZONE - Most of change our mind zones after Labor Day to focus on a different season ahead. We live in zones both positive and negative. We get out of sync when we get stuck in a zone and don't know how to change.

2010 09-08, 1048 - SACRED STONES - Margo Mallar just wrote a great article on sacred stones for New Hampshire Magazine's September issue, and we are honored to have our labyrinth featured in her story. I often wonder who first came and used the sacred stones to connect to the Universe.



2010 09-09, 1049 - WAITING FOR THE VIEW - A dozen years or so ago we had a clearing cut on the top of the mountain that has an incredible view. It has been cut every three or four years to keep the growth down. This year the view has been disappearing, but our dream of a field is now becoming a reality. Soon the view will be better than ever.



2010 09-10, 1050 - GATHERING THE SEEDS - Several people have been gathering lupine seeds so that we can plant them in the clearing at the top of the mountain. Soon we will be able to sow them. We all have been gathering seeds of wisdom and talents and it is now time to sow them to help others.

2010 09-11, 1051 - FROM THE HEART - A friend told me yesterday that they had read that it has been scientifically proven that the heart produces ten times as much energy as the brain. Imagine if everyone set their intention with unconditional love from their hearts what the effect on the world would be.

2010 09-12, 1052 - THE WRITING ZONE - With half the 2nd edition of the Idiots Guide book due in a couple of days, both my wife and I have been in a writing zone for the past several weeks. It is a delicate balance of fitting together the other requirements of Life with time to produce the book. It is important for all us to keep a balance when we are in a zone of focus.

2010 09-13, 1053 - A DAY TO SOW THE SEEDS - Today is the day we sow the lupine seeds in the field. The soil has been prepped, limed, fertilized, and seeded to clover. Now the lupine is added. Every day when you do something positive, you are sowing seeds more beautiful than flowers.

2010 09-14, 1054 - TIME FOR NATURE TO TAKE ITS COURSE - The seeds have been sown, and now it's time for nature to take its course. Just as in nature, if we act with the greatest intentions in life for the best of all, then there is a time to let the Universe take control and set the course.



2010 09-15, 1055 - GETTING THE HINT - I think that the leaves are finally getting the hint that fall is on the way. Color is slowly beginning to infiltrate the green. We also get hints from the Universe all the time. Imagine if the leaves didn't get the hint and failed to change.

2010 09-16, 1056 - DAILY INSPIRATIONS - I am inspired daily by nature, but that is not my only source of inspiration. I am grateful to be surrounded by so many wonderful people who are getting in tune with their soul's purpose. THAT is inspiring.

2010 09-17, 1057 - PARTNERSHIPS - This podcast is a tribute to my wife and partner whose incredible talents have literally gotten me through college, made whatever I've attempted successful, and has been there with love and patience. I know how hard she works to make things look easy. I know the difference she makes in others' lives.

2010 09-18, 1058 - AHEAD OF THE CALENDAR - Even though fall does not officially start for a few days most people are already in a fall mode. The seasons change with the solstices & equinoxes, but in reality they change about three weeks ahead in our minds. Fall is a great time to renew commitments to improving life.

2010 09-19, 1059 - SHARING THE HARVEST - This is the time of year when many people share the harvest from their gardens. We have all harvested much during our lives, mentally, spiritually, physically, and emotionally that would be helpful to share with others.

2010 09-20, 1060 - OPPORTUNITIES OF LIFE - The fall provides many opportunities to experience life. The smell of beans baking, fresh apple pies or hot mulled cider bring us back to a simple time in our minds. There are opportunities every day all year to be grateful if we choose to notice them.

2010 09-21, 1061 - A SLOW TRANSITION - So far it has been a slow transition into fall this year. It could change to a rapid one in a flash. Your transition in life may feel like it's going slow but things are speeding up, just as the change in seasons.

2010 09-22, 1062 - SCATTING - Scatting in vocal music is the process of verbalizing an instrumental solo. The best scat singers are able to open to the flow of their unconscious minds and be in the energy of the music. The same thing is true with everything in life. Animal waste is also called scat.

2010 09-23, 1063 - FALLING FORWARD - Today the first day of fall is filled with excitement of things to come. Yesterday I saw the first tree that has almost fully changed to its fall splendor. There will be many more joining soon. I am excited about the seasons to come.

2010 09-24, 1064 - A FULL MOON TYPE DAY - Yesterday was a full moon type day. You know, the type of day where things seem to run on a different level of energy and where things can get off course easily. When those days happen, going with the flow can help you keep your Universal bearings.

2010 09-25, 1065 - WANING DAYLIGHT - Have you noticed how much the days have shortened since the middle of June? It is part of the cycle of the earth and of our lives as we travel through time and space. I actually enjoy this time of year as it gives me a chance to see the dawn of the day unfold.

2010 09-26, 1066 - A VIEW OF THE PAST - This weekend my wife and I attended our 50th high school reunion. We graduated together and have been together ever since. It seems as if graduation was only a short time ago and yet here we are together again the same but different.

2010 09-27, 1067 - CONTRASTS OF LIFE - The gray misty days of fall help amplify the brilliant contrast of the bright foliage. The grayness of life can help us see positive things around us that we might otherwise miss without the contrasts.

2010 09-28, 1068 - SOFT RAIN - There is a soft rain falling this morning that brings softness in thoughts and action to the day. Its welcome nourishment is good for nature, our minds, bodies, spirits, and emotions. I am grateful for the soft rain.

2010 09-29, 1069 - ROLY-POLY BEAR - Last night we saw the bear for the first time in over a month. It has gotten really roly-poly, as it gains weight for the winter. People also get roly-poly when they try to hide in themselves. We never need to hide when the Universe is watching over us.

2010 09-30, 1070 - TOGA PARTY - Last night I went to my first toga party. Now I know this is something people do in high school or college, but I never had the opportunity at that time of my life. A friend who bought a toga reminding her of a past life inspired this gathering.



2010 10-01, 1071 - THE NEW GREEN - When I finally returned to the clearing after a few days of absence, a new carpet of green grass greeted my eyes. To me it is the symbol of things to come, not only here on the mountain but throughout the valley and the world beyond.



2010 10-02, 1072 - PRECARIOUS POSITIONS - The other day I saw a chipmunk sitting in a very precarious position on top of a tire of our car. That reminded me of the precarious positions we often put ourselves in life. Come to think of it, we are still here. I wonder what or who watches over us?



2010 10-03, 1073 - FIRST DAY OF THE FAIR - Today is the day that many have waited a year for. It's not a holiday or a birthday. It's the first day of the Fryeburg Fair. It is a blend of people from all over the world, and I am amazed at how many spiritual discussions I will have during the course of the day.



2010 10-04, 1074 - ONE BIG PUMPKIN - Good friends of ours grew a really big pumpkin this year and entered it in the fair where it took a red ribbon. It took a lot of work to grow that pumpkin. It also takes the same commitment to grow big dreams.



2010 10-05, 1075 - A BLUE RIBBON CLASSIC - At the fair, there is a ribbon for almost everything. There are ribbons awarded for skillet throwing, food preparation, produce grown, woodsman competition, and to many different breeds of animals both big and small. Not everyone is awarded a blue ribbon for their results but everyone should get a blue ribbon for doing their best.



2010 10-06, 1076 - THE BIG VIEW - Yesterday I had the opportunity to photograph the fair from a helicopter. They even took the door off so I could get an unobstructed view. To get the full perspective you need to see it from the air. To understand life, we sometimes need to see it from the view of the Universe.



2010 10-07, 1077 - LOCKING HORNS - There is an exhibit in the Natural Resources Center at the fair that has two Bull Moose locking horns in mortal battle. People do the same thing when they mentally lock horns with someone else. They can find themselves locked into the negative.



2010 10-08, 1078 - MAGNIFICENT ANIMALS - Yesterday I watched an eight horse hitch perform their maneuvers as they competed for a blue ribbon at the fair. They, as are all other animals, are a tribute to the Universe's pattern of design.



2010 10-09, 1079 - A TUG OF WAR - I watched a young man and a 650-pound calf in a tug of war at the calf scramble yesterday. Eventually the boy won. We have tugs of war with our ego all the time and yet we can work together for the sake of the Universe.



2010 10-10, 1080 - BALD & BEAUTIFUL - Yesterday I watched a Bald Headed Men's contest at the fair. One of the contestants was a baby. All of them were beautiful in the Universe's eyes as is every one of us, regardless of appearance.



2010 10-11, 1081 - ALL THAT GLITTERS - There is a lot of glitter at the fair, but today it is all gone. The fair is over and the vendors have gone. The real glitter in your life is the light that the Universe shines through you.



2010 10-12, 1082 - SLOW TO CHANGE - Here it is almost the middle of October and the leaves around the tree house have yet to change to their fall colors. It is the same almost every year. In life some of us change slower than others, each moving at our own pace.



2010 10-13, 1083 - PERFECT AFTERNOON FOR A PICNIC - A perfect afternoon, a beautiful picnic backpack, a clear crisp fall day with plenty of foliage, and no bugs greeted us as at the table on the top of the ledge overlooking the valley below. It was if time stood still, and we were living an illusion of the past.



2010 10-14, 1084 - THE AROMA OF APPLE CRISP - The aroma of apple crisp just out of the oven is very special to me this time of year. It brings back memories of years gone by. Aromas can take us away in our minds to special places filled with love that still linger like the aromas in the cool fall air.

2010 10-15, 1085 - HITTING YOUR MARKS - Today the book went to the publisher. There will be more editing before the finished product is ready to print. It has been two and a half months of hitting the marks one step at a time. In life the Universe is the ultimate director, guiding us as we hit our soul's marks.

2010 10-16, 1086 - TYING UP LOOSE ENDS - Yesterday was a day to tie up the loose ends that had accumulated over the last month or so. Of course I didn't get them all done. I didn't realize how tired I was until I stopped to take a breath. Then I got a second wind and continued on rejuvenated.



2010 10-17, 1087 - THROUGH THE LENS - I love looking through the lens of a camera. It gives me a chance to freeze for a brief moment in time something I will not see in my mind again. Often we let life go by in a blur without taking in what is all around us.



2010 10-18, 1088 - WAITING FOR BREAKFAST - The other day we were eating breakfast in a small cafe and noticed some birds that had come in through a small opening, waiting for the people to leave so they could eat the crumbs. Just as wildlife adapts to depend on humans we can depend on the Universe.



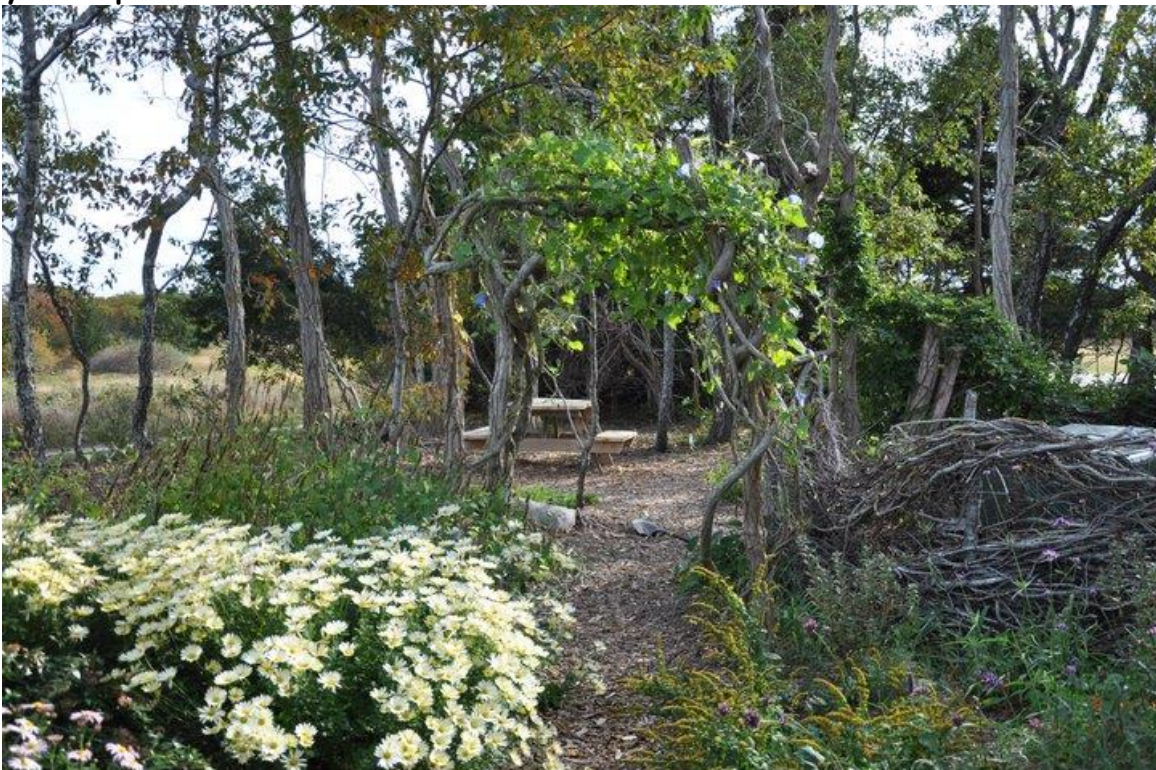
2010 10-19, 1089 - MAN AND NATURE - We love to visit nature preserves and gardens that combine nature and man's creativity. Not only is it spiritually inspirational, but it is also inspirational in providing ideas as the Center creates its own tribute to man and nature.



2010 10-20, 1090 - A FRAGILE BALANCE - The ocean is a great example of the fragile balance of the existence of nature here on earth. The wind and waves take their toll and constantly change the landscape. So too is life for humans. Fortunately we have the strength of the Universe behind us.



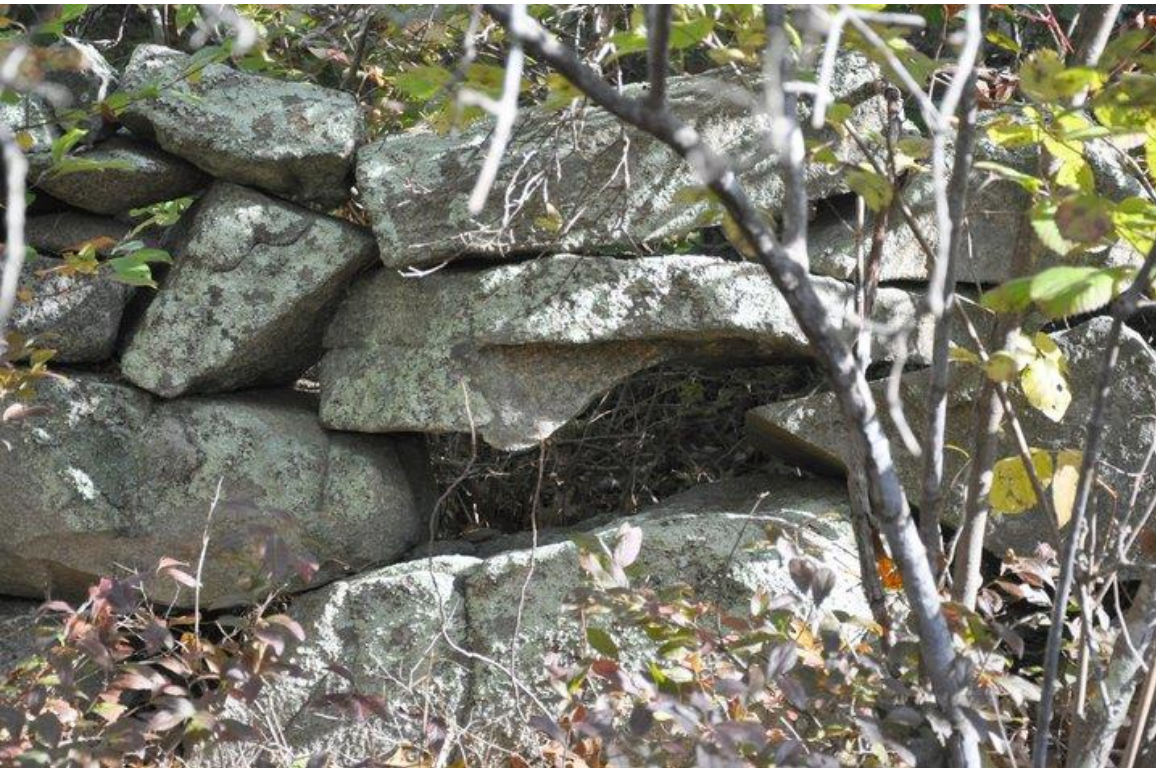
2010 10-21, 1091 - DREAMS AND REALITIES - How do we manifest dreams into realities? For me it is the gratitude that what is a dream is already a reality in the Universe's eyes. All I need to do is my little part and the rest will be taken care of.



2010 10-22, 1092 - INVASIVE SPECIES - It seems as if we are being overrun by invasive species the last few years. Insects, plants and animals compete for space and often choke out older native varieties. Our minds are often over run by invasive thoughts. The Universe can help provide a balance for us.



2010 10-23, 1093 - SPIRIT WALLS - We came across some old stonewalls on a walk in the woods on Martha's Vineyard that I believe were made by native Americans and have openings in them for spirits to cross back and forth. We should do the same in our heart for the Universe to come and go.

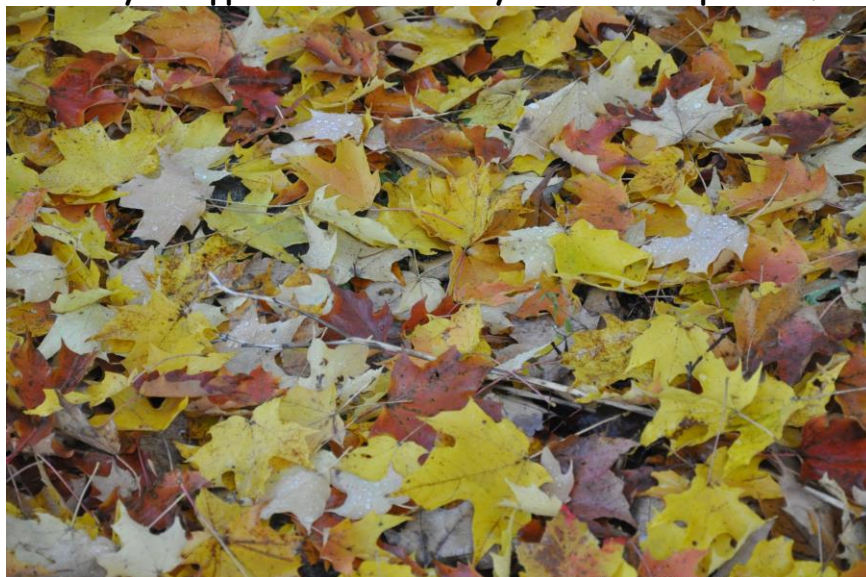


2010 10-24, 1094 - THE LAST ROSE OF SUMMER - I saw and appreciated on Martha's Vineyard what will probably be the last roses of the summer. Back home in NH frost has already claimed most of the delicate blooms, and yet there is always something beautiful to observe if we take time to look for it.



2010 10-25, 1095 - RUBBER WASHERS - We always look for ideas that we can incorporate on our own land whenever we walk other people's nature trails. We discovered the use of rubber washers in trail signage to cushion metal against metal. Belief can help us the same way with the harsh edges of life.

2010 10-26, 1096 - A GOLDEN CARPET - The ground is covered with a golden carpet of freshly fallen leaves. It glows in the morning light. Soon they will turn brown and eventually melt into the earth. Today is the day to appreciate the beauty that nature puts in front of us.



2010 10-27, 1097 - NATURE'S CONTRASTS - Nature often is an example of contrasts, such as snow on the peaks and fall foliage in the valley, or a bare tree next to one still decked out in color. Life is often like the change of seasons, full of contrasts.



2010 10-28, 1098 - EVERGREEN - As I looked out the window this morning I noticed an evergreen. The leaves on a maple tree had blocked its view during the summer. It has been there all along and it is always green. Our belief, like an evergreen, is always there with us if we look for it.



2010 10-29, 1099 - A SINGLE PATCH OF SUNSHINE - This morning as I looked out onto a gray fall morning, my eyes caught a patch of sunlight shining on a spot across the valley. It shined brilliantly in a sea of drabness. There is always a patch of spiritual sunlight shining for us when life is gray.

2010 10-30, 1100 - THE MOUNTAIN VIEW IS BACK - When we first built our house, we had a view of the mountains all year long. Now the leaves on our trees and the height of the trees across the road block the view until the leaves go. The mountain, like our belief, is always there even when we think it's not.

2010 10-31, 1101 - HIGH DRAMA - I am reminded as I look at the dramatic landscape why this is a wonderful time of year here in the mountains for Halloween. It is after a day and night of high drama. We have many days in life where the Universe can help us make it to the next scene of our play.

2010 11-01, 1102 - CATCHING THE UNSEEN - Last night five of us celebrated Halloween by going up on the mountain to see if we could catch the unseen. I took pictures and got a couple of interesting images. Did I catch a spirit? I don't know, but that's what keeps life a mystery.

2010 11-02, 1103 - IN THE DARK - I'm doing my podcast in the dark this morning. It used to be light at this time but the daylight has diminished. In life as in nature darkness catches up with us, but there is always spiritual light to help us find our way.



2010 11-03, 1104 - WE CAN SEE IT COMING - We can see it coming. Winter has reached the highest peaks here in the mountains. It won't be long. Some will be prepared and some will not. The same is true in life as we enter this period of change.



2010 11-04, 1105 - HANGERS ON - There are just a few leaves hanging on the maple tree. It is time for them to go. We have hangers on in our lives like the leaves, such as habits or negative thoughts, when their season has past.



2010 11-05, 1106 - SNEAKING UP - Yesterday I saw a flock of turkeys in the orchard intent on scratching for food. I was able to sneak up quite close until they saw me and burst into flight. In life, things can sneak up on us, mentally, spiritually, and physically when we forget to pay attention.



2010 11-06, 1107 - A SINGLE PATCH OF BLUE - Yesterday evening I saw a single patch of blue in an otherwise gray November sky. It reminded me that in the grayness of life the Universe always provides a glimmer of hope for better days.



2010 11-07, 1108 - MORNING MEDITATION - This morning we went up early to capture the rising sun, only to find it hidden behind some clouds. Still, it was good to be on the land and communicate with the Universe in an early morning meditation. It is something I can reflect to others.



2010 11-08, 1109 - SEASON OF ADJUSTMENTS - This is a season of many adjustments. We adjust what we wear, what we eat, how we sleep, and deal with the upcoming holidays. The one constant force in all of this is our connection to something in the Universe. It never changes; we do.



2010 11-09, 1110 - WILDLIFE SAFETY ZONE - Our land is a wildlife safety zone where the birds and animals are not only protected but are encouraged to flourish. What if the earth was a human safety zone where people were encouraged to let their natural abilities flourish?



2010 11-10, 1111 - SATURATION POINT - The recent rain has caused the ground to reach a saturation point where it cannot absorb any more water. Now is the time for many of us now to release the knowledge to help others that we have been saturating ourselves with for lifetimes.

2010 11-11, 1112 - IN SERVICE - Today we honor and thank all those that have served our country in the name of freedom. Because of you I am free to walk the land, touch the earth, and be one with nature.

2010 11-12, 1113 - IMPROVISED PLANS - When things don't go exactly as expected, sometimes it is necessary to improvise. In order to improvise one must have some sort of a plan in the first place. It is important not to give up on the idea and to just find a different route to get the results.

2010 11-13, 1114 - LANDSCAPE ARTISTS - I have an image of what the Center landscape may look like, but I do not see it in my mind's eye, only feel it. Others have the vision to make it happen. We are all landscape artists of our own lives as we work with the visions of the Universe.

2010 11-14, 1115 - HIDDEN GEMS - A flash of emerald green caught my eye the other day when I was on a walk in the woods. The sun was shining on an old log covered with moss. It was beautiful. You also carry gems waiting to shine in the Universe's light.



2010 11-15, 1116 - FALL CLEANUP - We recently had the leaves cleared from our lawn and flower garden. In the spring the new growth will be free to come out of the earth. It is also a great time to clear away the debris in our lives to as we prepare for new growth.

2010 11-16, 1117 - SIGNS IN NATURE - The other day I saw an "S" lying in the middle of the leaves. When I reached down to pick it up I discovered it was a leaf with an "S" carved in it, perhaps by a worm. I considered this was a sign from nature. How do you get signs to guide you?



2010 11-17, 1118 - MAKING A PLAN - I have a lot of dreams in my head that may or may not fit into the plans. Planning starts with a need or a desire to reach a goal. It could be a goal for the day, week or longer. If the intent of the goal is created with love and purpose, the Universe is there all the way.

2010 11-18, 1119 - YOU GOTTA HAVE HEART - I don't know if you have ever heard the song "You Gotta Have Heart", but it reminds me of scientific research which now confirms that the heart puts out a lot of energy. When you put your heart into it, miracles really seem to happen.

2010 11-19, 1120 - WILL TO SURVIVE - There is a hemlock along the trail that was uprooted several years ago and yet somehow continues to survive. The main trunk hovers a couple of feet off the ground and the limbs on the topside are now each small trees reaching for the light. It is a lesson from nature.



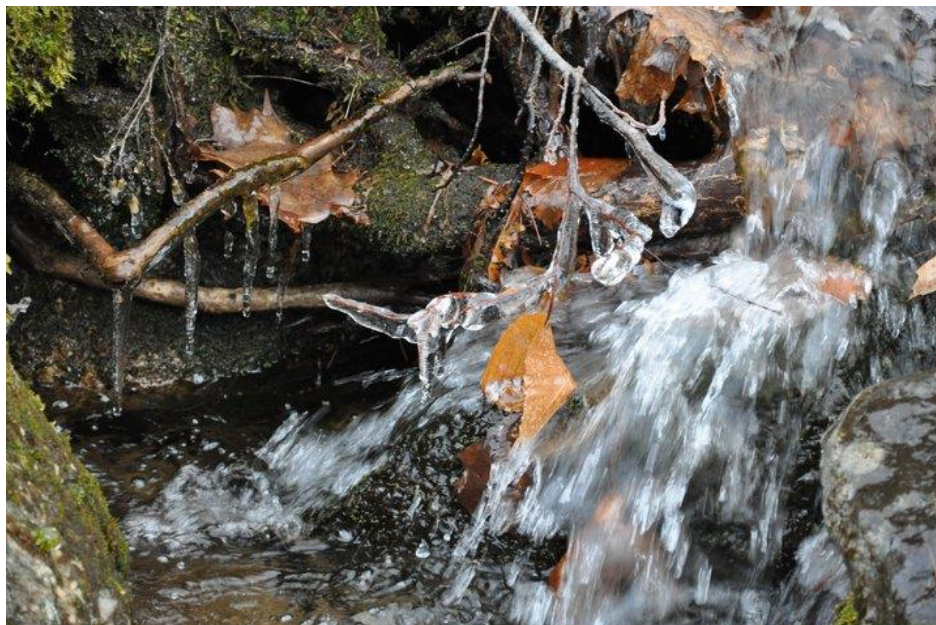
2010 11-20, 1121 - MAGNIFICENT - Last night I saw a faint shadow in the road ahead of us as we drove along in traffic at a slow speed. When I flicked on the high beams a magnificent eight-point buck appeared only a hundred feet away. The Universe was sending us powerful sign.

2010 11-21, 1122 - PINK CLOUDS - The sky during the last two sunsets has been filled with pink clouds. Pink clouds to my granddaughter mean spirit guides. Nature gives us so many ways to reflect on the vast mysteries of the Universe.



2010 11-22, 1123 - IN A TRANSITION - The seasons here in the mountains are in constant transition. The brook flows, but the freezing temperature causes water that splashes onto overhanging branches to form ice crystals. You are in transition, always finding new elements for your purpose.

2010 11-23, 1124 - LIGHTS IN THE WOODS - The other night my wife came home after dark and saw strange lights up in the woods. We didn't know if someone or something was up there where they shouldn't be. I investigated, driving down the main road. It was the full moon. Mystery solved.



2010 11-24, 1125 - A PART OF THE WHOLE - Drops of water covering the needles of a small pine tree reminded me that it is part of the whole of nature. We have many people in our lives that make up part of our whole. They sometimes exist unseen just as a small tree in nature. It is good to remember.



2010 11-25, 1126 - A DAY OF THANKFULNESS - Today, Thanksgiving is a day to reflect the gratitude I feel for so many blessings in my life. For family, friends, nature, and the opportunity to connect with the Source of the Universe. Actually, every day is a day of thanksgiving.



2010 11-26, 1127 - THE BEST BARGAIN - Black Friday is the day that many people get up at the crack of dawn to search for the best shopping bargains. The truth is, the best bargain is free. It is the love one feels through the center of the Universe.

2010 11-27, 1128 - COLORS OF THE SEASON - With a slight coating of snow on the ground the colors of the season stand out. The greens that often go unnoticed in the summer now take center stage. Sadly many people only choose to notice the grays of the sky and diminishing daylight. There is more to see.



2010 11-28, 1129 - DECORATING NATURE - Every year we decorate the spruce tree on the edge of the orchard. It is a way to celebrate the season and remind us when we walk that the days will soon be getting longer. Right now it is the bright light of the Universe that reflects through the decorations.



2010 11-29, 1130 - REAL WARMTH - With the cold weather here in the valley people are turning on the heat or firing up the wood stoves. In this season of giving it is the simple acts of love and kindness that provide the greatest warmth especially for our hearts.

2010 11-30, 1131 - OLD FOUNDATIONS - There is an old foundation on the land. We don't know its history or why the building is no longer there. For some reason it was abandoned. The Universe provides a firm foundation that we can always build upon even if we have abandoned it.



2010 12-01, 1132 - DECEMBER LIGHTS - Many people decorate the inside and outside of their homes this time of year in honor of the approaching holidays. I enjoy the displays as they light the night sky. To me it symbolizes what the Universe displays in our hearts all year round. There is always light.



2010 12-02, 1133 - PERMANENTLY ENTWINED - There are two twin beech trees in the woods permanently entwined. They have wrapped themselves around each other fighting for survival. It will be impossible for them to fully mature this way. How do we entwine with others and grow separately?



2010 12-03, 1134 - POINSETTIA TRIALS - Yesterday we visited the poinsettia trials open house at the University of New Hampshire. They are working to develop varieties that flourish in this region. I wonder if humans are a part of a bigger experiment in the Universe that focuses on learning love.



2010 12-04, 1135 - A NEW FORM OF LIFE - According to the news, scientists have discovered a new form of life that does not have phosphorus in its makeup. It contains arsenic instead. I wonder about the other life forms that haven't been proved yet but exist in an unmanifest state, such as angels.

2010 12-05, 1136 - YOUR STYLE - I have developed a self-survival style of playing music. It never comes out exactly the same way. It is the way my mind works. People can approve of it or not. I'm doing the best I can. In life your style is perfected in the same way, and it is unique and special.

2010 12-06, 1137 - GLITTER - I love the glitter of holiday lights this time of year. They brighten the dark nights, but they pale in comparison to the glitter in someone's eyes when they are living their soul's passion to do positive things for people and the earth.

2010 12-07, 1138 - ACCEPTING YOURSELF - I have always had a hard time accepting myself for who I am. I do things so differently from others. With that said, I also have come to accept my intentions to always do the best for the whole and that helps me accept myself. How about you?

2010 12-08, 1139 - SHARING WHAT YOU DO - Once you have accepted yourself and have learned that you do have something that no one else on earth has, how do you go about sharing it? Maybe the Universe will aid you in that process. Pay attention to the hints.

2010 12-09, 1140 - ARTIST AT WORK - Yesterday afternoon I went to an art exhibit that was taking place right outside my window. Nature was hard at work. I could have missed the whole show if I had not been paying attention. We often miss the art created around us, both by nature and by humans.



2010 12-10, 1141 - ON THE MANIFEST - A manifest is a document that keeps a record of goods, and possibly people, that are traveling from one destination to another. Old ships manifests contain important historical records. Imagine that your soul has a manifest of all your travels.

2010 12-11, 1142 - MANIFEST REALITY - Manifest reality is everything around us in the form of matter that we can prove is there. We can walk in nature and touch the trees and feel the earth beneath our feet. Manifest reality is what the logical mind usually accepts as real. Is there more than that?

2010 12-12, 1143 - UNMANIFEST REALITY - Unmanifest reality is a reality that exists but is not necessarily in a form that has mass. It often goes un-noticed by most people. Edgar Cayce said that thoughts were realities that were either crimes or miracles. So how does the unmanifest manifest?

2010 12-13, 1144 - THE SECRET OF MANIFESTING - There is a lot of interest in learning how to manifest. What is the secret that successful people seem to know? Perhaps it starts with gratitude that there is a powerful source in the Universe to assist us in manifesting our thoughts. It is the will to believe.



2010 12-14, 1145 - THE FLIP SIDE - The weather has done a flip the last few days. We are warmer than parts of Florida and currently have no snow. Life for many people seems to be doing flips as they go through rapid changes. Universal strength can help with the changes.



2010 12-15, 1146 - REFLECTIONS IN THE GLASS - The holiday lights really shine in the darkness. Their beams reflect off the glass in the windows causing the room to be filled with magic from every angle. Think of how our thoughts and actions are reflected back to us. Light reflects light. Love reflects love.



2010 12-16, 1147 - SPIRITUAL VALUE - We often set values on physical items such as objects of art. Collectors invest money with the idea that in time they will increase their investment. We have a beautiful stained glass window that is priceless in spiritual value. It reminds us of our faith in the Universe.



2010 12-17, 1148 - BUILDING A BRIDGE - Yesterday I had saw nature building a bridge one drop at a time. Eventually, an ice bridge will cover the small stream. Imagine if each of us breathed in and then out unconditional Universal love. Eventually it would bridge the world.



2010 12-18, 1149 - GROUND SWELL - The moisture that the ground absorbed from the recent rain has begun to freeze, and ice crystals are pushing up through the earth. It's like a mini ice age. Imagine how a ground swell of unconditional love and gratitude could affect the climate of the whole world.



2010 12-19, 1150 - SILENT SENTRIES - Silent sentries are watching out over the water as it flows down the mountainside, guarding the small stream. These little ice-covered figures serve to remind me that all of us are watched over by silent sentries from the Universe's army of angels.



2010 12-20, 1151 - SPIRITUAL AWARENESS - Nature has a way of providing me with many spiritual reminders. Of course I am aware that there is much to learn as I wander about. It's a shame that many people have negative awareness rather than spiritual awareness and often see the down side of life.

2010 12-21, 1152 - 1638 - 1638 was the last time there was a full moon eclipse on the winter solstice. Things have changed a lot since then, but it is still only a blip on the vast scale of the Universe. I just know that as of today the sun will get a little brighter with each day for six months.

2010 12-22, 1153 - THE LITTLE THINGS IN LIFE - Life consists of many little things that begin to add up either positively or negatively. Too many calories in small doses or puffs on cigarettes or even negative thoughts can impact our lives. So can the smallest words and actions of gratitude and love. Your choice.



2010 12-23, 1154 - LIVING ON THE EDGE OF NATURE - Living on the edge of nature has its rewards and challenges. Nature's raw power can sometimes wreak havoc. Life is a fragile balance and I rely on the Universe with its guide and angels to watch over me on my tour of duty on project earth.



2010 12-24, 1155 - WAITING PATIENTLY - The bench in the clearing waits patiently for the snow that has so far avoided the mountains. The ski areas used to wait patiently for snow until they installed snow makers. Now they are prepared. As we wait we can ask the Universe to help us move ahead.



2010 12-25, 1156 - GO TELL IT ON THE MOUNTAIN - Today's podcast is a recording made of "Go Tell It On The Mountain" during last night's candlelight service at the Madison Church. The soloist is Brenda LaForce, our daughter, and other choir members include her husband Marc and my wife Penny. Merry Christmas!

2010 12-26, 1157 - OVER-PREPARED - UNDER PREPARED - Tonight the first major snowstorm of the season arrives. Some of us will be over-prepared while others will be under- prepared. The trick is to use common sense. The same is true in our life's adventure.

2010 12-27, 1158 - BLIZZARD - The mountains are experiencing a blizzard. This is a good day to stay inside and wait out the storm. When the blizzards of life strike, we can always go inside ourselves and experience the comfort of the Universe as we wait for the storm to pass.

2010 12-28, 1159 - GALE FORCE - The blizzard has moved on, but the gale force winds continue to relentlessly roar through the valley as we continue to experience the storm's aftermath. In life, belief in a universal power can help us move forward after our blizzards.

2010 12-29, 1160 - TURNING A NEW LEAF - The wind has torn the leaves from the beech trees' branches and deposited many of them in the brook. The leaves from a beech tree often stay on until spring. Nature forced the issue. Life can sometimes hint to us when it is time to turn a new leaf.

2010 12-30, 1161 - MANIFESTING WITH A PURPOSE - The thoughts that came to me while walking yesterday included Manifesting with a Purpose - in other words, allowing a thought given to you from your Source to become reality to serve a greater good. Tuesday January 4, 2011 is supposed to be a good time to do this.

2010 12-31, 1162 - WHAT IS YOUR VISION? - As 2010 ends the tabloids are often filled with psychic predictions for the coming year and beyond. So what is your vision of the future? Maybe I should ask, "What does the Universe share with you that can help others in times to come? "

