

Message from the Mountain
2011

Michael R. Hathaway



2011 01-01, 1163 - READY OR NOT 2011 - Happy New Year! Are you ready for your incredible journey in 2011? For many, if they choose, this is to be a year of connecting with their inner wisdom as they strengthen their connection with all the Universe has to offer. Are you ready?



2011 01-02, 1164 - SHARING THE PATH - Yesterday we found deer prints in our tracks from the day before. It is proof that the trail is shared, not only with humans but also with nature's creatures. You may find others walking your spiritual path with you from time to time.



2011 01-03, 1165 - A SINGLE STEP - Sometimes it feels as if you take a step forward only to be pushed back two steps. Every day gives you the opportunity no matter where you are in life to take another single step forward. Sooner or later you will see you have come further than you thought.



2011 01-04, 1166 - INTO THE AIR - Today I will write down my requests for the Universe to manifest and then burn the paper, releasing them through the smoke into the air. Then I will scatter the ashes on the ground. My job is to be clear on what I expect and with gratitude.



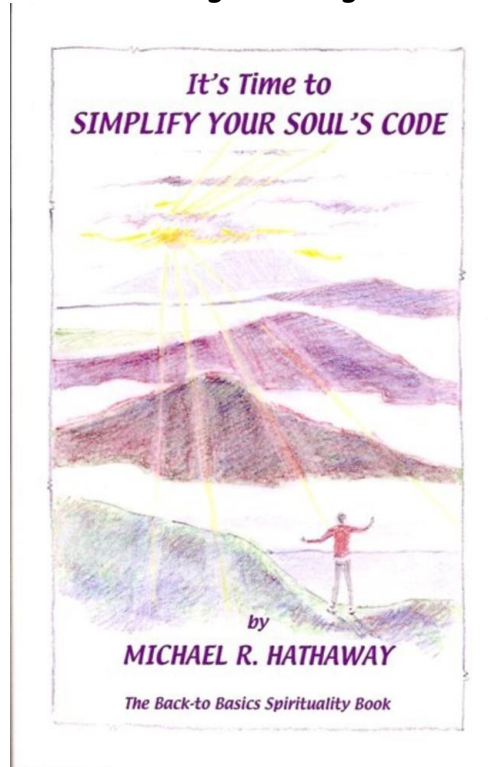
2011 01-05, 1167 - HEART SYMBOLS - Heart symbols remind me of universal love and gratitude. Nature provides several of these symbols on rocks and trees along the trails to help me stay connected to those feelings of gratitude and love.



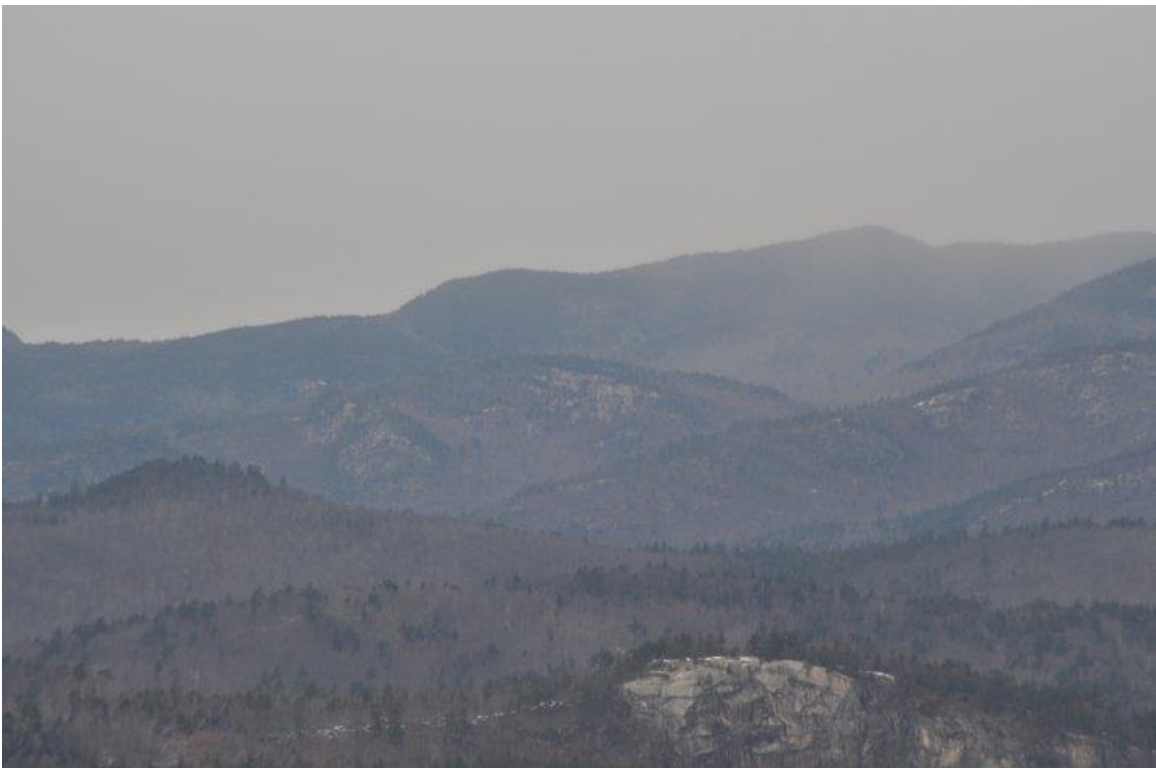
2011 01-06, 1168 - HOW DO YOU DEFINE A MIRACLE - How do you define a miracle? In 1927 Webster's Dictionary description was one line indicating a marvelous unknown event. Modern definitions include words such as supernatural and enduring. How do you define a miracle? Are they a part of your life?



2011 01-07, 1169 - GROUNDED - The word grounded means many things, such as a boat being stuck on a reef or a teenager that loses their privileges. In the psychic world staying grounded means that there is a strong faith in something watching over us as we encounter the unexpected.



2011 01-08, 1170 - FLAT LIGHT - There are days, especially in the winter, where clouds obscure the sunlight and it is hard to see the definition of the mountain ranges. It is easy to find ourselves living in a flat-lighted world when life has no definition or purpose. We all have a purpose.



2011 01-09, 1171 - SEEING LIFE CLEARLY - Most of you know what it's like to drive with a film of dirt, frost, or salt covering the windshield. Some of you may have experienced what it's like to have cataracts. When we lose sight of our life purpose, we also lose our ability to see clearly.



2011 01-10, 1172 - EASY WALKING - The walking has been easy this winter with the lack of snow here in the valley. That could change any day. The walk of life can also change in an instant. Trust in the Universe can help make the walking a little easier when the going is hard.



2011 01-11, 1173 - LEAVING A MARK - I recently spotted an old beech tree that once provided food for the bears. The scars from claw marks are still visible on the trunk many years after the bear climbed it. We leave impressions on others lasting for years that are scars or blessings.



2011 01-12, 1174 - A GOOD DAY TO STAY PUT - There are days when it is a good idea to stay put. This is one of them as a snowstorm blankets the valley with fresh white. It is a day when the earth is still and the music of the Universe flows if we only listen for it.



2011 01-13, 1175 - CONNECTING THE DOTS - Yesterday didn't go completely as planned. We cancelled our meeting at the Center because of a big snowstorm. Then I got a call that was a request to fill in for a musician that was snowed in. Out I went. Maybe the day did go as the Universe had planned.



2011 01-14, 1176 - REFLECTIONS ON A WHITE BIRCH - The birch tree has multiple uses. You can tap it in the spring like a maple tree, use its bark for paper or a canoe, and the wood is often used in kitchen cabinets. Birch trees in the forest are also beautiful and peaceful to look at. You have many uses also.



2011 01-15, 1177 - MINIATURE WORLDS - Nature is filled with many miniature worlds that have their own designs and yet are all interconnected. We as humans are all interconnected whether we want to be or not. And we are also interconnected with nature.



2011 01-16, 1178 - HEARTY FOOD FOR THE SOUL - Most of us love to eat. The food we eat loves us in different ways. Unhealthy food often sticks around and adds to our weight. Healthy foods provide positive energy that can help sustain our soul's journey.



2011 01-17, 1179 - A WARM GREETING FROM AN OLD FRIEND - This morning I was greeted to the smell of fresh coffee when I entered the kitchen. I had not brewed it yet. Last night I received word that Pat, an old friend of the Center, had passed the day before. She used to come early and brew the coffee.



2011 01-18, 1180 - WEATHER PATTERNS - Weather often has a pattern or a cycle that it follows. We are in a storm pattern at the moment. Sooner or later the jet stream will change the pattern. In life, we get into certain patterns. At least we have the chance to change our spiritual outlook on conditions.



2011 01-19, 1181 - NOT JUST YOUR AVERAGE - Our lives exist around averages and yet nothing is really the same. Do you live an average life? The answer is no. There is something unique and special about you, way beyond the averages.



2011 01-20, 1182 - NOT ANOTHER BROOK PICTURE - As I prepared for this podcast, my wife said, "Not another brook picture!" "Yes," I replied. Most of the brook is now under ice and snow, and it reminds me of each of us having a passion and purpose inside that often gets covered up with life.



2011 01-21, 1183 - THE OLD MILLSTONE - The old millstone rests at the end of the stonewall waiting in silence for the next chapter in its life. I imagine it has many stories to tell. I found it almost totally buried close to the road, long since forgotten. What treasures in your life are waiting to be found again?



2011 01-22, 1184 - STILL HANGING ON - Dead branches are still hanging on in the trees where they once lived. They are caught in a tangle of still growing limbs. Most of us still have something that refuses to let go and hangs on in our mind. Universal love can help clear away the old debris.



2011 01-23, 1185 - NATURE'S FROSTING - Even on the coldest and snowiest days nature always has something beautiful to show us if we will give ourselves permission to look for it.



2011 01-24, 1186 - KEEPING WARM SPIRITUALLY - It is the coldest morning in several years here in the valley. That got me thinking of how to stay warm, spiritually that is. What keeps your heart warm?



2011 01-25, 1187 - MANY ARMS - Several of our maple trees have grown many branches since the forest was cut away from them years ago. These arms help collect sunlight for the tree's growth. We, like the trees, have grown many arms or abilities that can help us find ways to survive.



2011 01-26, 1188 - FRESH TRACKS - There is a lot to learn from observing fresh animal tracks in the snow. They can tell a story of life in the wild. What kind of story do your tracks tell as you wander the landscape of your soul's journey?



2011 01-27, 1189 - THE ONLY WAY IS DOWN - Many people feel like the piece of old rotten birch I spied hanging in some trees on a recent walk. It is only a matter of time until it crashes to earth. For those who feel like that, the willingness to trust in the Universe can soften the fall.



2011 01-28, 1190 - WINTER MEDITATION - There is something about a walk in fresh snow that helps me connect with nature and the Universe. There is so much to see and so much to learn. It is important for me to have that connection every day even when I'm not out on the land.



2011 01-29, 1191 - LONELY VIGIL - Two granite pillars stand a lonely vigil in the winter landscape. They are what is left of the old cemetery gate and hold memories of life and death from the long forgotten history of the land.



2011 01-30, 1192 - A PLACE TO HIDE - The smaller animals in nature depend on places to hide from larger predators. Sometimes they choose a good hiding place and sometimes not so good. We often try to hide in places that do not protect us. The Source is always there in your mind.



2011 01-31, 1193 - HANGING ON - Many of us have old habits or thought patterns that hang on way beyond their time just as the beech leaves do throughout the winter. We have the opportunity every day to create our springtime of change.



2011 02-01, 1194 - FOX RUN - I discovered, walking down the old road, a path that the fox established, probably to and from its den in search of food. It looked like a methodical route. Just as the wise fox, we have the wisdom of the Universe to guide us on our route of life.



2011 02-02, 1195 - NO SHADOW TODAY - Today, Ground Hogs Day, there are no shadows to be seen here in the mountains. We are in the middle of another big snowstorm. Yet, Ground Hogs Day is a reminder that spring is coming and there is hope for the future in all aspects of our lives.



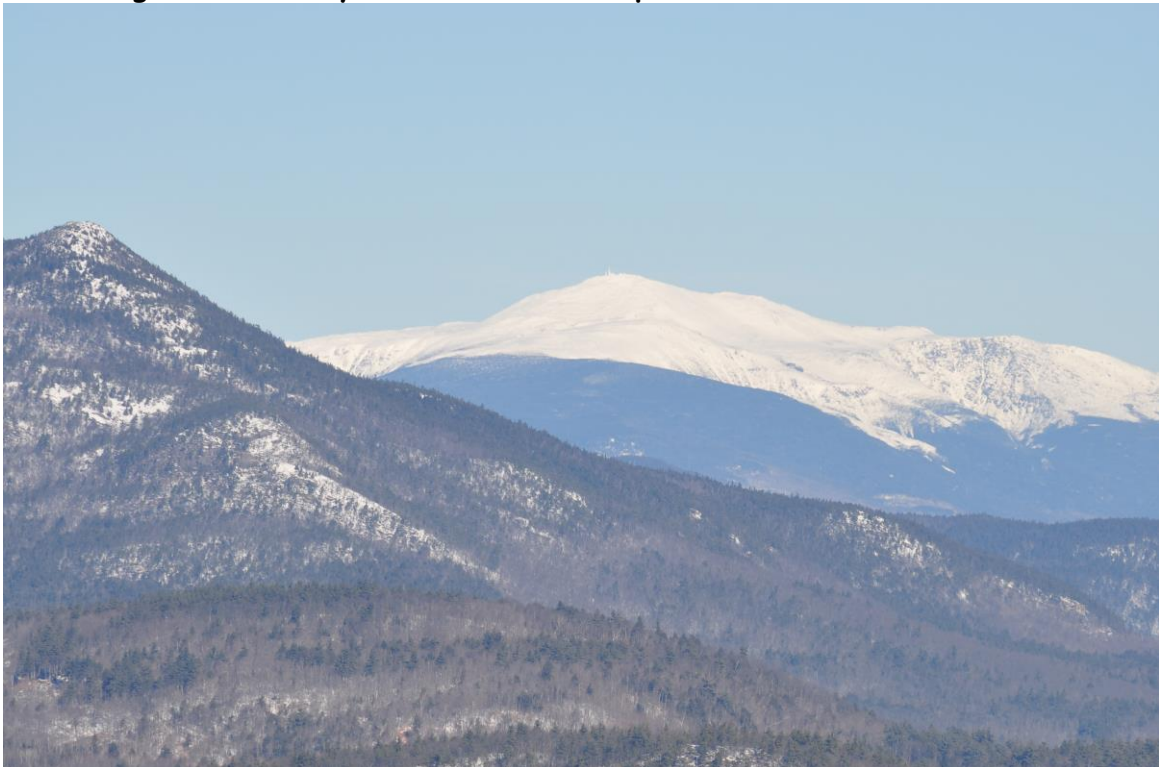
2011 02-03, 1196 - LULL BETWEEN STORMS - This is a day to dig out and clear the ice and snow from the roofs. Another storm is on its way. Many of us in life feel there is always a storm on the horizon. Fortunately our belief can help change the course of life. Now the weather, that's a little different.



2011 02-04, 1197 - COLORS OF LIFE - Just as in nature, life has many colors. You may be aware of angry or peaceful colors or healing colors. You may be able to feel and hold the colors of life around you and even change them if they are wrong for you.



2011 02-05, 1198 - THE UNIVERSE'S WORDS - Many days I start a podcast without knowing what I'm going to say. I have learned to trust in the Universe's words. All I have to do is allow them to flow through me. Have you ever had this experience?



2011 02-06, 1199 - AVALANCHES - The roof is about ready to let go with an avalanche of snow. It is always good to keep a watchful eye for avalanches in life and then use Divine Guidance to help us survive.



2011 02-07, 1200 - A LINE OF BIRCH TREES - There is a line of birch trees on the side of the driveway that we encouraged to grow several years ago. They are a daily reminder of the beauty of nature. They help me marvel at the incredible depth of the Universe.



2011 02-08, 1201 - WAITING TO BE REDISCOVERED - Kyle's Trail waits patiently to be rediscovered again. Soon a hiker will glide along the surface of the snow with snowshoes. What trails along your life's journey are you waiting to rediscover?



2011 02-09, 1202 - A LASTING IMPRESSION - The other day I spotted some trees on my walk that were coated with a thin layer of ice. I took a photo to help remind me of the lasting imprint that the moment had on my unconscious mind. Even though my memory doesn't see it, it is still there.



2011 02-10, 1203 - AN OLD COUNTRY LANE - Walking the old country lane is like a trip back in time. I know those days are gone, but we all have places we can visit in our mind to give us a brief respite from the pressures of our modern world.



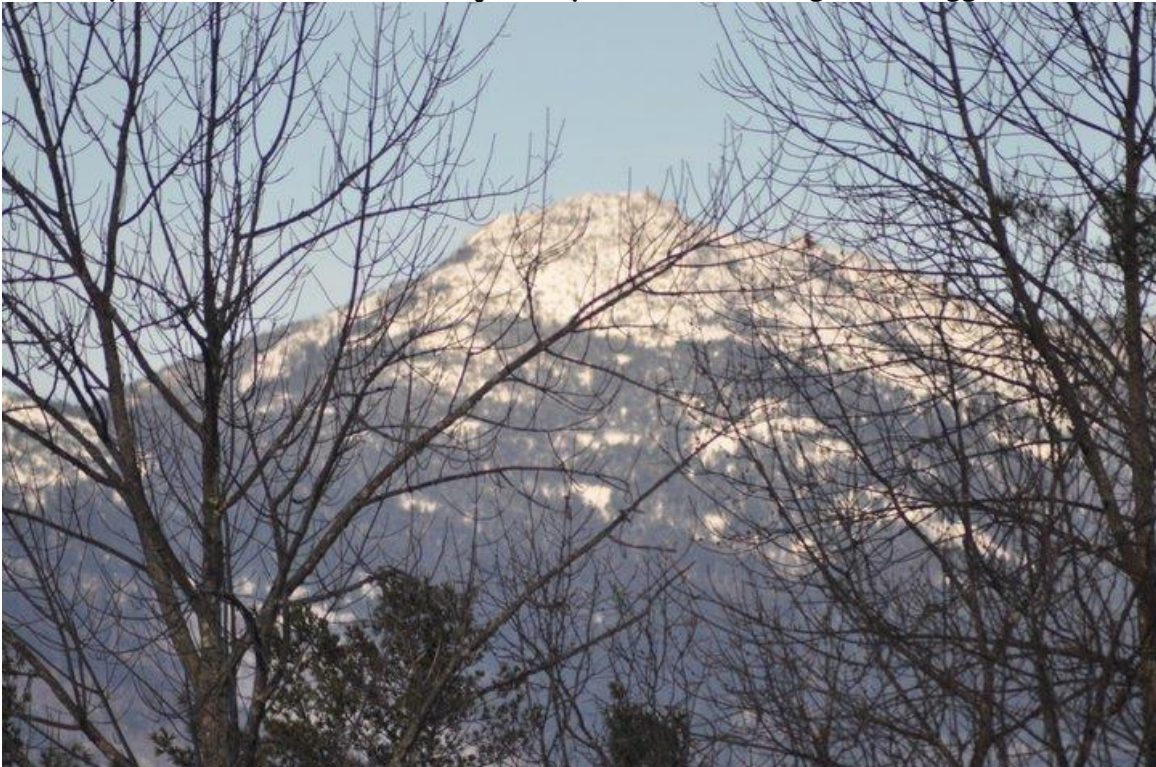
2011 02-11, 1204 - WHITE ON WHITE - There is white everywhere. It is sometimes hard to find a definition in it. Yet when we see into the white, there are many shades to see. In life when we feel we are in a whiteout, we can always think of it as a blank sheet of paper waiting for definition.



2011 02-12, 1205 - ENERGY BIOLOGY - The new science of energy biology seeks to prove that there is a connection between all matter. We may influence or be influenced by energy we send and receive. We are truly all one with the Universe. That is why I love being on the land.



2011 02-13, 1206 - THE LAW OF ATTRACTION - The Law of Attraction is the theory that like attracts like. Many years ago the mountains brought us here to live and to be a steward of a piece of nature's beauty. We were and still are just a part of something much bigger than ourselves.



2011 02-14, 1207 - THE INCREDIBLE POWER OF THE HEART - Scientists have determined that the heart can produce sixty times more energy than the brain. Imagine how much the brain and heart working together can do. There is an incredible power when love comes from the heart.



2011 02-15, 1208 - ELECTROMAGNETIC - Electromagnetic waves of energy when sent from the incredible power of heart love have the potential to attract like energies, and, as they merge, produce a powerful force for good.



2011 02-16, 1209 - AN ANCIENT SECRET - Many believe that the mountains surrounding the valley hold an ancient secret. That secret may just be the way our ancestors knew how to connect to the source of all in the heavens. It is now time to honor again what the ancients knew.



2011 02-17, 1210 - THE EVER-CHANGING SKIES - The ever-changing skies here in the mountains reminds me that life is like that also. The one constant that humans have is the constant unconditional love of the Universe.



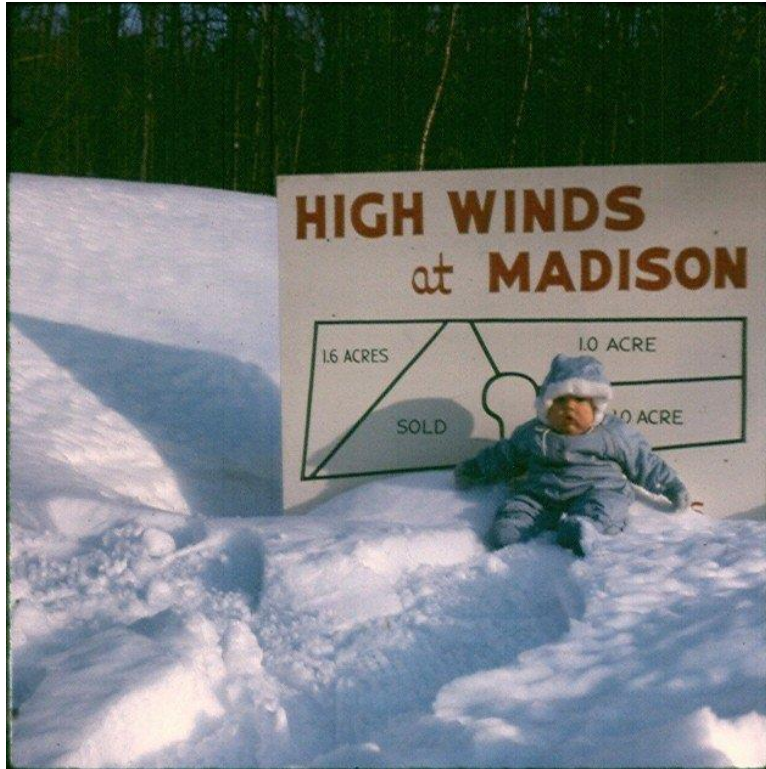
2011 02-18, 1211 - WE NEVER LIKED THAT WINDOW - The Universe helped us get rid of a window we never liked when it sent ice crashing through it last night. Our thoughts were heard and an action was taken. We are grateful that the new one will let in loving spiritual light.



2011 02-19, 1212 - A SNEAK PREVIEW - We had a sneak preview of spring the last couple of days. I enjoyed the warmth and melting snow. Just knowing what is ahead is enough to sustain me through the winter. Knowing of the good to come on earth sustains me going on my soul's path.



2011 02-20, 1213 - HIGH WINDS - When we bought our home property many years ago it was part of a three-lot development called "High Winds at Madison". The last couple of days have lived up to that name. It is time to wait patiently till calm returns, a good lesson that can also be applied in life.



2011 02-21, 1214 - BURL WOOD - Burl wood grows on the side of a tree. An expert wood turner can make a beautiful bowl out of a burl. We all can take an experience in life that may seem a burden and create something beautiful out of it for others.



2011 02-22, 1215 - PROCEED WITH CAUTION - The old road can be very hazardous this time of year when the snow melts and refreezes. A great deal of focus is needed to stay in the track, and when walking you need to be aware of every step. The road of life is the same way: proceed with caution.



2011 02-23, 1216 - HEART SIGNS - I keep my eyes open for heart signs that serve to remind me of the Universe's unconditional love. I have read that if we amplify that love with our heart, it can affect the environment around us. To my joy I discovered an ice heart in the brook. I wonder.



2011 02-24, 1217 - JUST A KID IN MY MIND - Watching my grandson use his snow scooter reminded me of when I used to ride mine many years ago. I still have it but don't actually ride any more. It's that knee thing. Still, I'm just a kid in my mind with a mystery every day to investigate.



2011 02-25, 1218 READY AND WAITING - The winter tools are all in their place and waiting for the next storm to finishing dumping more snow here in the valley. What tools do you have ready to assist you during the storms of life?



2011 02-26, 1219 - BENT NOT BROKEN - The small pine is bent over by the weight of the new snow, but it is not broken. It will rise again to spread its needles to the sun. When you feel weighed down by life, remember the flexibility of the small pine.



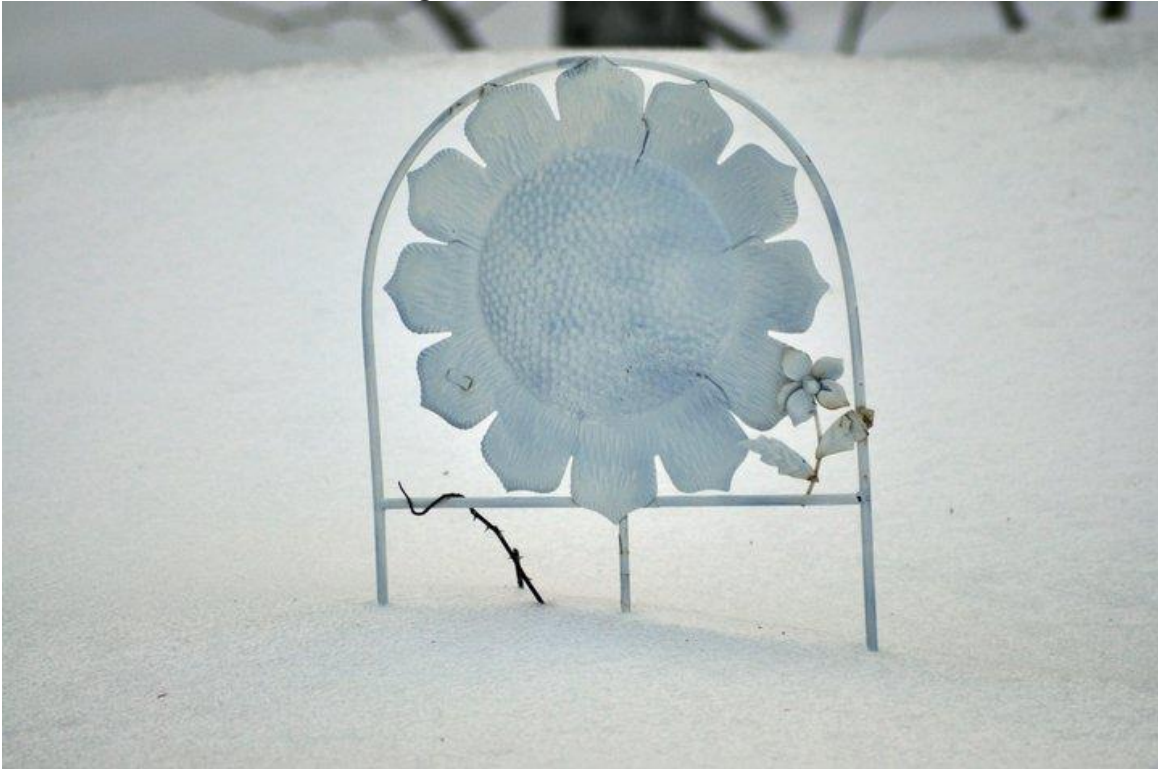
2011 02-27, 1220 - UNSEEN BEAUTY - There is unseen beauty everywhere in nature because our minds are too busy to notice. It is good once in a while to pause and see the unseen that exists around us.



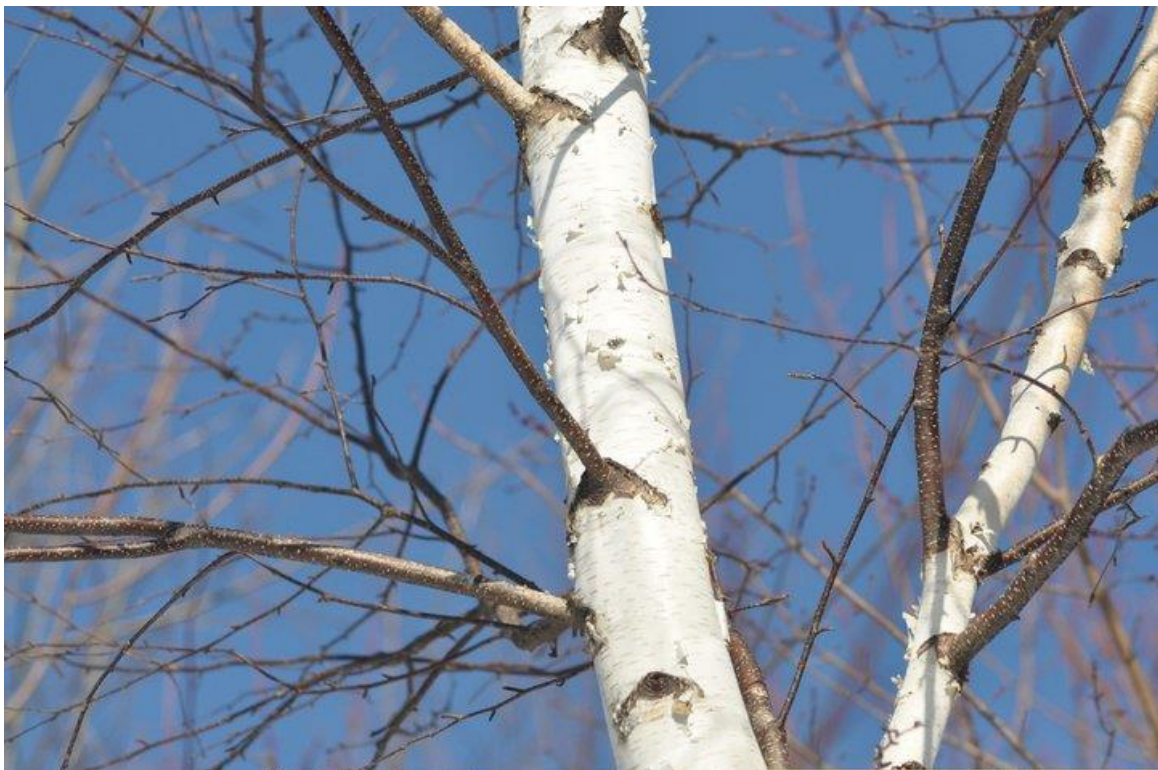
2011 02-28, 1221 - THE COST OF WINTER - Living here in the mountains during the winter comes at a high cost. Between fuel for the house and car, plowing, electricity and snow damage, it will take the rest of the year to recover at the current income. And yet, priceless moments make it worthwhile.



2011 03-01, 1222 - HOORAY FOR MARCH - Finally we can turn the page of the calendar and get a glimpse of spring in the near future. It is nice to know that deep under the ground plant life is beginning to stir. So too are the thoughts in our minds of a new season.



2011 03-02, 1223 - I HEARD THE LION ROAR - March came in like a lion, and I heard its roar in the valley as I walked the old road. I was sheltered there and felt the warm sun on my face. It reminded me that in the roar of life there is always a place in the Universe to feel the warmth of unconditional love.



2011 03-03, 1224 - THE BEECH BUDS - I saw a gray squirrel eating beech buds today. It is a sign that before too long the buds will begin to swell with the anticipation of birthing new leaves. We have in our minds incredible thought buds ready to burst forth into reality.



2011 03-04, 1225 - READY TO HARVEST - The fungus growing on the birch tree looks ready to harvest. Artists will dry them out and paint them. There is something to harvest in nature all year round, and this serves to remind me that we always have ideas in our mind ready to harvest.



2011 03-05, 1226 - NEIGHBORS - Have you heard the saying that in the old days when you could see the smoke from your neighbor's fire, it was time to move? We can now see neighbors in the distance from the old road. In reality today, we have neighbors all over the world.



2011 03-06, 1227 - BLOWING IN THE WIND - Remember the old song that had the line, "The answer my friends is blowing in the wind"? Maybe that's a good way to communicate with the Universe. Send your prayer off in the wind and the answer will come back to you.



2011 03-07, 1228 - NOT WHAT I EXPECTED - The other day I took a picture of a chipmunk looking a little bewildered as it poked its head above the surface of a couple of feet of snow. Many of us feel the same as we wake up to a coming age of unconditional love. It is coming. You are ahead of the season.



2011 03-08, 1229 - THE WATCHFUL EYES OF THE RAVEN - Ravens are masters at finding food. Their watchful eyes keep vigil from a lofty perch in a tree as they look for their next meal. We can learn from the raven to use our watchful eyes for our next assignment in our soul's journey.



2011 03-09, 1230 - AN IMPORTANT DAY IN THE MAYAN CALENDAR - Today, March 9, 2011, marks an important date in the 16+ billion year old Mayan Calendar. It is the beginning of the last cycle, which ends October 28th this year. It is a time when things are changing rapidly. Have you noticed anything different?



2011 03-10, 1231 - HIKING WITH AN OLD FRIEND - The other day I took my first snowshoe hike of the winter with an old friend. Actually there were two old friends. One was the trail itself and the other is my constant companion, the incredible love in the core of the Universe.



2011 03-11, 1232 - ICY CRYSTALS - The other day I discovered an area of snow covered with icy crystals. They sparkled in the morning sun. It was magical. There are always hidden gems to discover on our walk of life if we keep our eyes open.



2011 03-12, 1233 - NO REST FOR THE WEARY - The bench at the edge of the clearing is almost totally buried by snow. There is no rest for the weary. When you find yourself worn out by life, consider going deep in your mind and thanking the Universe for its help.



2011 03-13, 1234 - IT STARTS WITH A TRICKLE - It's started! Spring is on its way! The movement began with a single trickle of water on the mountainside joining others on its way to the lakes and rivers below in the valley. You are also part of the trickle of unconditional love as it flows from the Universe.



2011 03-14, 1235 - A SINGLE DROP - A single drop of water resting on a bud may not seem like much, but combined together, single drops can make powerful tidal waves that can cause much devastation. There is also power in single thoughts that when combined together can make positive waves.



2011 03-15, 1236 - INSPIRATION FROM AN OLD TREE STUMP - I was inspired to stop and admire an old tree stump as I wandered the trail. It held a regal presence in the woods. It inspired me to always look for the hidden abilities that most people have that often go unnoticed and unappreciated.



2011 03-16, 1237- UNEXPECTED FINDS - I'm always finding something unexpected on my walks in nature. The other day it was frozen alabaster colored water coming out of an old dead beech. I try to go about life being aware that there is always something unexpected and marvelous to find.



2011 03-17, 1238 - NOT IN THE PREDICTION - The weather forecast was a dusting of snow changing to rain. By mid-afternoon there was plowable snow and the scanner was ablaze with multiple calls of cars off the road. Life sometimes doesn't go as predicted. Yet, there is a constant out there to guide us.



2011 03-18, 1239 - WALKING ON THE SNOW - This is one of my favorite months in the winter. On a cold morning the snow is frozen and often holds you up when walking on the trail without the need for snowshoes. Still you need to go early before the sun gets too high. It is a lesson for the walk of life.



2011 03-19, 1240 - OF DAYS GONE BY - The remaining ruins of the old bark mill serve to remind me of those that worked our land long before us. Times have changed, but there is much to learn from the silent workers of the past.



2011 03-20, 1241 - THE SWEETNESS OF SPRING - My neighbor has given permission for someone to tap their maple trees. The sap is hauled away and boiled down into maple syrup. There is nothing like the sweetness of spring to encourage us to discover life again.



2011 03-21, 1242 - BUDS ON THE APPLE TREES - The apple trees are anticipating the warmer weather. The buds are getting ready to burst forth even though there is still snow on the ground. Spring is such a great time of year to get in tune with the buds inside of you that are ready to burst open into reality.



2011 03-22, 1243 - SEARCHING FOR SPRING - We went on a quest this past weekend. We were searching for spring, and we found it for a day when we visited friends on Long Island, New York. We came back to five inches of new snow here in the valley. Spring is coming. We now have hope.



2011 03-23, 1244 - SHADES OF GRAY - Yesterday the sky was filled with shades of gray. Today, the pinks of an alpine glow greeted me as I looked across the valley. When you are caught up in the grays of life, remember that the Universe will bring beautiful changes if you watch for them.



2011 03-24, 1245 - THE OLD GULL - We watched an old gull with a deformed leg struggle to walk against the wind. When it went airborne, it soared and manipulated its wings in grace, even though the bad leg dangled beneath its body. Regardless of physical conditions, our minds can always soar.



2011 03-25, 1246 - LOOKING FOR BARE GROUND - This time of years my eyes search for evidence of spring. I often find it on the side hills and around the base of a tree. The snow has begun to recede. Hurrah for spring! Hurrah for hope.



2011 03-26, 1247 - SEEING INTO THE BROWN - The old dead tree stood silent in the woods, stripped of most of its bark. It appeared a dark brown until I looked closer and found that there were many shades of brown. When we look into life, there is much more to see than appears on the surface.



2011 03-27, 1248 - SPRING DREAMS - We just came back from visiting the Spring Home and Garden Show at the University of New Hampshire. Looking down on the exhibitors, I was reminded of all the dreams there waiting for people to find. We found some.



2011 03-28, 1249 - OVER-COMPENSATION - The cactus was covered with tiny flowers that at first looked like bugs. Out of the flowers grew long protective spines. I think the cactus over-compensated with its protection. We sometimes over-protect our talents by over-compensating in other areas.



2011 03-29, 1250 - FLASHES OF BRILLIANCE - The beautiful blooms of one of the plants I photographed recently at UNH reminded me of the flashes of brilliance a creative person experiences when they are in the zone. Sometimes there is too much brilliance to process. It's okay to go at your own pace.



2011 03-30, 1251 - WINTER HANGS ON - At the top of the view winter hangs on. The bench is still covered by snow. As much as I would like the snow to go, nature is in charge. Unlike nature, do have the ability to change the seasons of our life anytime with the help of the Universe.



2011 03-31, 1252 - GHOST LEAVES - The remaining old dead leaves on the beech look like ghosts as they hang on, not wanting to let go. We have old thoughts and habits that hang on us like the leaves. It is time for them to go. Nature will bring new leaves to the tree, as the Universe will to us.



2011 04-01, 1253 - APRIL FOOL - Nature played an April Fool's joke on the region today when it unleashed another round of winter snow. It is just another unexpected twist in life. Fortunately, we have the strength of the Universe behind us when we experience times like these.



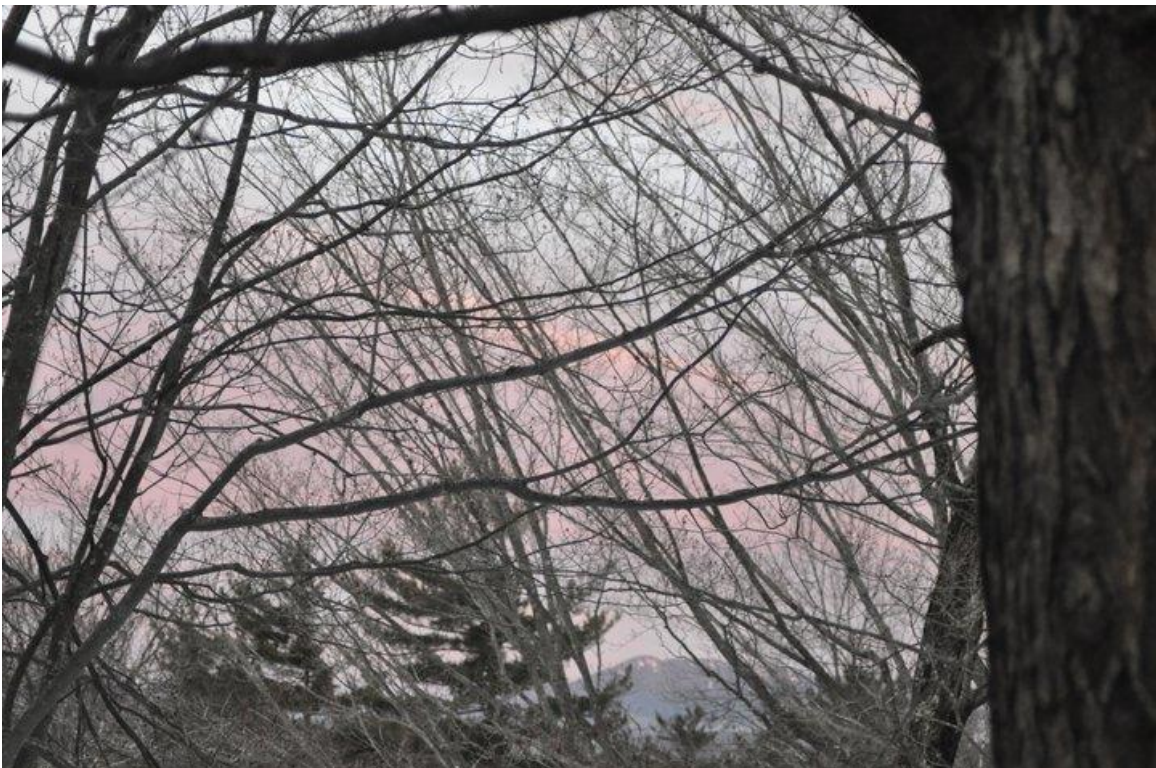
2011 04-02, 1254 - SKELETONS IN THE WOODS - The old tree looked like a giant fossil as it lay on the forest floor, its "bones" exposed to the elements. Its time has passed. We have skeletons or old paradigms that hang around trying to stay with us as our environment changes.



2011 04-03, 1255 - THE RULER REAPPEARS - Yesterday my wife's favorite metal ruler disappeared while she was working on a project. We searched the house to no avail. I suggested she ask for it back. This morning I found it in full sight behind a chair where she was working. Makes you think.



2011 04-04, 1256 - I BELIEVE - My first grade granddaughter was asked to write about "if she could have one birthday gift, what would it be". Her answer: happiness for everyone in the world. The next question was: How do you know you would get what you asked for? Her answer: I believe.



2011 04-05, 1257 - THE COLORS OF BIRCHES - There are several different species of birch trees, including white, gray, and yellow. What about red? A young white birch's bark often looks red. Anyways this reminds me of how different we all are from each other and how together we can create a forest of respect.



2011 04-06, 1258 - THERE'S A LOT TO LEARN FROM SPRING - The fresh coating of snow this morning reminded me there's a lot to learn from spring. Just as in life, when you think you are moving forward, something can happen that slows your progress. At least in life we do have guidance if we choose to accept it.



2011 04-07, 1259 - STAY FOCUSED ON YOUR FOOTINGS - I was able to walk the trail by staying in the frozen snowshoe tracks. When I lost my focus, I wound up wallowing in over a foot of snow still on the ground. It reminded me that in life, if we stay focused on our purpose, the Universe and our team will support us.



2011 04-08, 1260 - MOUNTAIN MOODS - The mountains have many moods. Sometimes they are pink or dark or white or even blue. We miss these moods if we are not observant. We often miss how our own moods affect others.



2011 04-09, 1261 - DRAMA IN THE SKY - Sometimes there is a lot of drama in the sky as weather fronts collide. We also have drama in life, especially when our egos come into play. Unconditional love can help even out our moods.



2011 04-10, 1262 - BRING IT ON, MUD SEASON - It's time to bring on the mud season. We are ready for spring and all the dreams of the season yet to come. Excitement is in the air.



2011 04-11, 1263 - A ROOM FULL OF LOVE - This weekend I had the opportunity to experience a room filled with like-minded people who were open to and brought in and sent out unconditional love through their hearts. The heart energy was incredible, and it was a very special happening.



2011 04-12, 1264 - IT'S NEVER TOO LATE - The crocuses came up two days ago. It's late for them, and yet it is never too late to begin spring. They reminded me that it is never too late in life to fulfill a dream or a passion. What would that be for you?



2011 04-13, 1265 - THE SOFT & FUZZY SIDE OF SPRING - A strand of pussywillows caught my eye in the afternoon light. They reminded me of a child's stuffed toy or soft & fuzzy blanket. We, as adults, have that same experience waiting for us when we connect to the Universe's love.



2011 04-14, 1266 - THE PAINFUL SIDE OF SPRING - The red flower buds on the maple are beautiful but are also painful reminders to many that allergy season is here for many. In life we sometimes are attracted to situations that have a negative effect on us. It is good to stay vigilant.



2011 04-15, 1267 - LIFE IS AMAZING - The ever-changing scene here in the mountain serves to remind me how amazing life truly is. There are connections between all things that we have not even begun to fathom.



2011 04-16, 1268 - CAMOUFLAGE - The male turkey was almost invisible as he guided his flock through the woods. His feathers provide a perfect camouflage. People try to camouflage many things in their lives, often out of fear of being discovered. What do you try to hide?



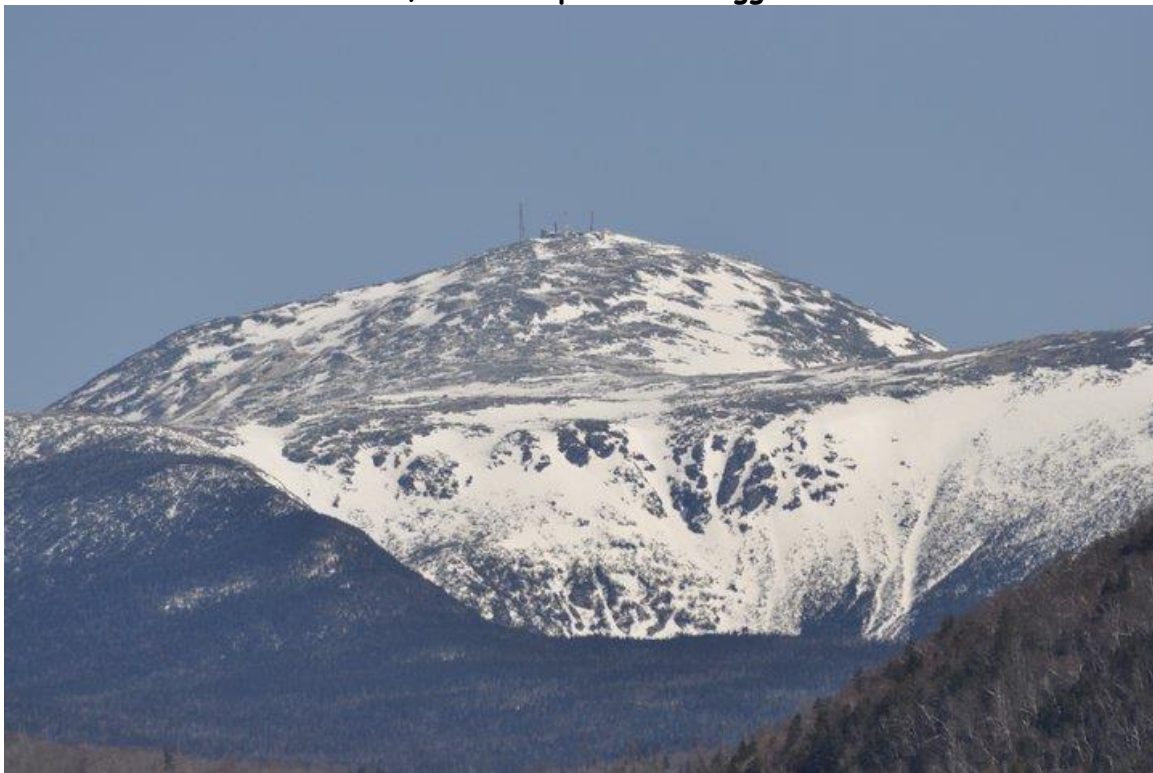
2011 04-17, 1269 - FLASH POINT - Our brook turned into a raging river overnight as nature dumped a lot of rain on the mountainside. In a flash streams and rivers are overflowing their banks. We hit flash points in our lives when emotions suddenly overflow. We have help in the Universe.



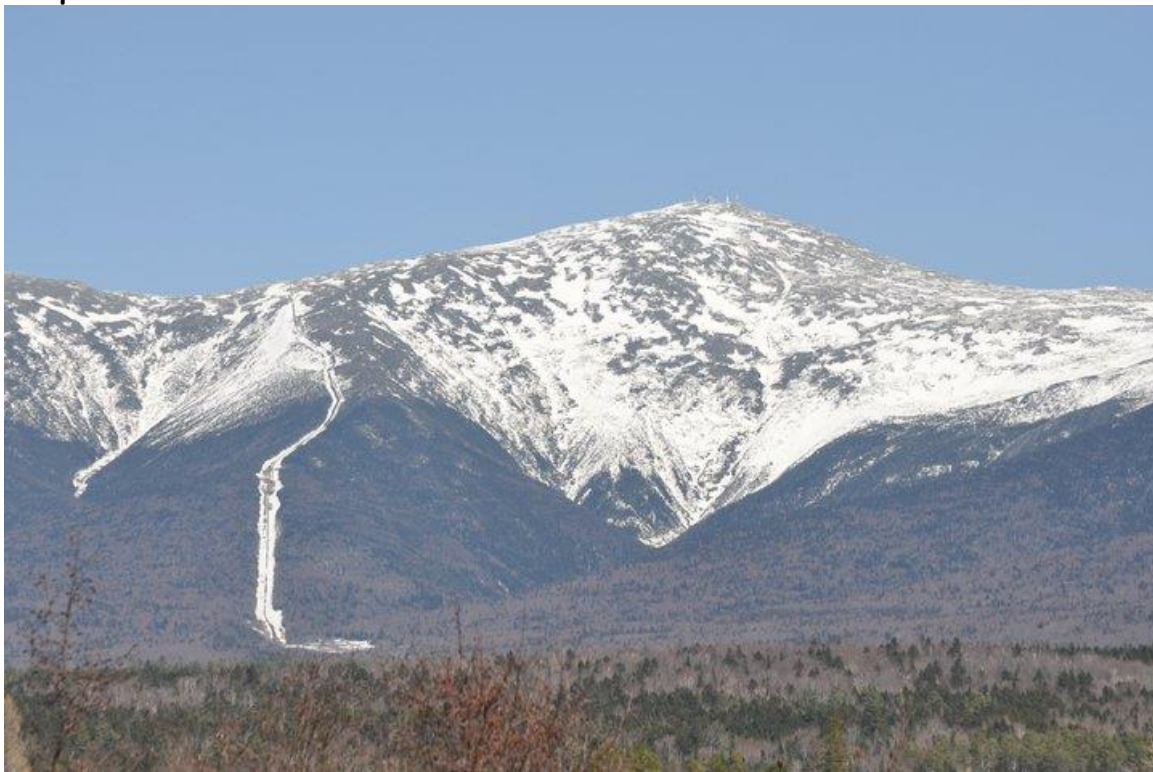
2011 04-18, 1270 - RAPID CHANGES - The weather changed rapidly the other night to blizzard conditions up in the notch. I was grateful that a friend had loaned me her SUV with studded tires. Thanks to her kindness I was prepared for the change. The Universe helps us prepare for rapid changes in life.



2011 04-19, 1271 - CLOSE UP - My 300-meter lens gives me the opportunity to see the buildings on top of Mount Washington. At the same time we lose perspective of the grand view of the mountains. We need two views in life, a close up and the bigger view to see the whole.



2011 04-20, 1272 - CONQUERING NATURE - Man constantly tries to conquer nature. The Mount Washington Cog Railway is a great example, cut into the mountainside. The Native Americans used to live in harmony with nature. Perhaps we have forgotten the spiritual side in our quests to conquer.



2011 04-21, 1273 - IN SEARCH OF HARMONY - Besides trying to conquer nature, man has also searched to find harmony with it. Here in the mountains grand hotels housed the rich that came here over a century ago for that purpose. This harmony can be with you wherever you are. It is from the Universe.



2011 04-22, 1274 - JUST A MATTER OF TIME - It is just a matter of time before the big old rotten tree falls to the ground. It is almost free from its stump. When you think "just a matter of time", are you sending out positive or negative expectations? It might make a difference in the outcome.



2011 04-23, 1275 - WHAT'S WRONG WITH THIS PICTURE - I asked myself as I looked out the window this morning and watched the robin shivering in the snow flurries, "What's wrong with this picture?" At least in life we can change the picture we are living in if we choose to take the steps to do so.



2011 04-24, 1276 - SUNRISE SERVICE - The Easter sunrise service on the shores of Silver Lake was well attended despite the 6 a.m. start time. One could feel the sense of community. A community is often established when like-minded people come together for a purpose. The Universe is one big community.



2011 04-25, 1277 - FOOD FOR THOUGHT - Watching a robin eat a worm for breakfast provided me with food for thought for this podcast. I rely on nature to supply me with inspiration for the day. What sources provide you with food for your thoughts?



2011 04-26, 1278 - IN THE BUD - The jonquils and the daffodils are still in the bud stage here at our home in the mountains. The next warm sunny day should help them open. Many of us have ideas and talents still in the bud stage. It is the rays of faith that can bring out your flowers.



2011 04-27, 1279 - DREAMS IN BUD FORM - Looking out at the scenic view from Thompson Pasture Loop, I saw the budded maple trees ready to open. It reminded of the dreams we all have in bud form. Now is the time to watch them open to the world like leaves on the trees in spring.



2011 04-28, 1280 - THE OLD DIPPER - The old dipper still hangs on a tree near the spring where the previous owner would sip the nourishing cool water after a climb up the mountainside. It has been there for over fifty years. Today people can find spiritual nourishment as they walk along the trails.



2011 04-29, 1281 - UNSEEN BEAUTY - When I venture into nature, I often look for unseen beauty to catch with my camera's lens. Recently it was the fungus growing on a tree stump. I am reminded that all of us have an unseen smile or a talent to share with others that are looking for beauty in life.



2011 04-30, 1282 - THOUGHTS ON A YELLOW SKY - Recently I captured a yellow sky in the lens of my camera. It was different than the usual sunset. It reminded me that every moment in life is unique and different and is easy to miss unless we pay attention to the moment.



2011 05-01, 1283 - LIFE'S SWEET FRAGRANCES - One of the sweetest fragrances in life is the Mayflower. I look forward to experiencing its delicate smell, not only for enjoyment, but also as a symbol that we have finally turned a page on winter. At the same time there are sweet smells to experience all year long.



2011 05-02, 1284 - ALWAYS SOMETHING NEW TO DISCOVER - There is always something new to discover in nature, like the emerging buds on a lilac. There is always something new to discover in life wherever you are if you take the time to investigate.



2011 05-03, 1285 - AN INVASION - Several years ago we planted just a few lilies-of-the-valley, and today they have spread into the hundreds. It's an invasion that we enjoy. We are constantly invaded with negative thoughts that can overrun us. To control them, use Universal love.



2011 05-04, 1286 - FROM BUD TO BOUQUET - Today I focused on the bunch of daffodils that were budded a couple of weeks ago. They are now area beautiful bouquet of yellow blossoms. You have buds inside of you that are becoming beautiful bouquets, ready to share with those waiting to see your beauty.



2011 05-05, 1287 - FRESH GREEN - Everywhere I look here in the valley my eyes are greeted with the fresh green of spring. The view in the clearing is filled with new grass. Nature reminds me that every day we have the fresh green of our minds to provide us with new ideas and inspirations.



2011 05-06, 1288 - SHARING THE SPACE - Last night a black bear dropped by and shared our space in back of the house. I asked it to pose for pictures, but it didn't stick around too long. We share space with people, birds and animals here on the mountain.



2011 05-07, 1289 - SNEEZING SEASON - The blossoms on the maple trees give a hint that we are in sneezing season for all the people who come here with allergies. There seems to be a price to pay for enjoying the beauty of the area, but it is worth the endurance.



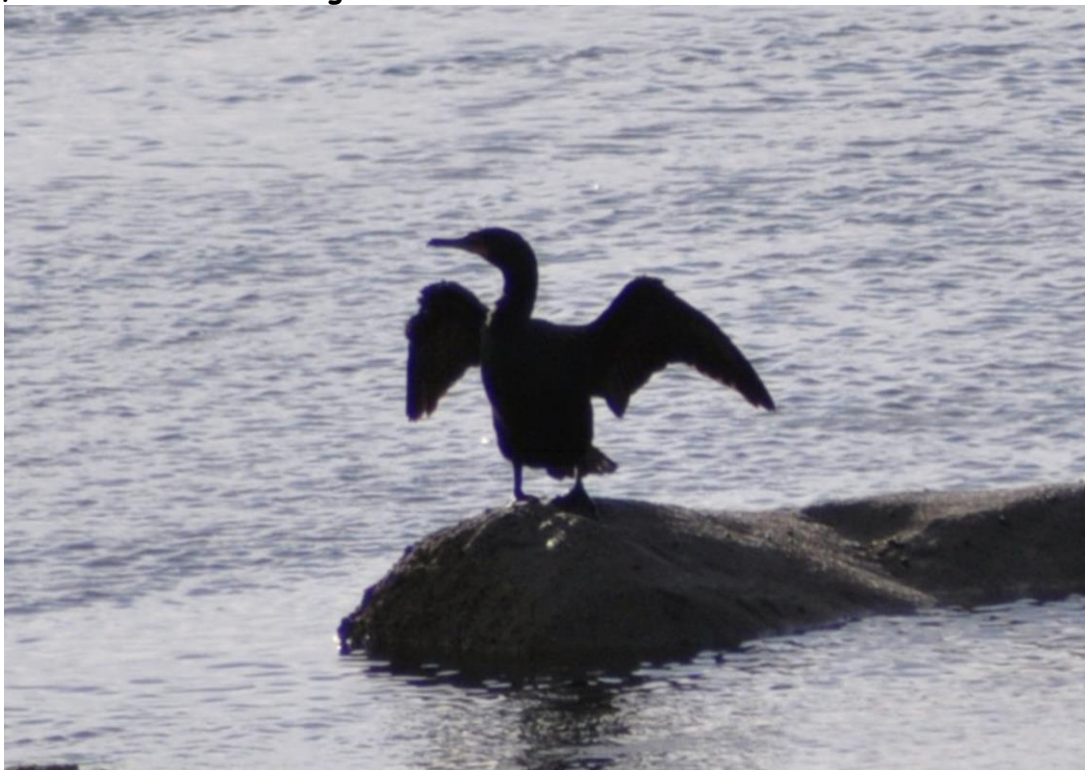
2011 05-08, 1290 - IN FULL COLOR - The male finches are in full color dress for the mating season. It is a beautiful sight at the feeder. Eventually they will go back to their drab off-season garb. We can find full color in our mind to inspire us all year long if we give ourselves permission to see it.



2011 05-09, 1291 - SHAPING OF THE LANDSCAPE - Most of the trees at the top of the mountain were reshaped by the ice storm that coated the area 13 years ago. Those that have survived will always carry the scars hidden under the leaves of summer. Yet there is uniqueness to their presence.



2011 05-10, 1292 - MEDITATION AT THE OCEAN - Yesterday at the ocean I saw a water bird meditating in the early morning sun, its wings outstretched to the heavens. I know, it was drying its feathers, but to me it was a sign that we are all connected to the same source.



2011 05-11, 1293 - HEIGHTENED STATE OF FOCUS - The Purple Finch was in a heightened state of focus as he concentrated on his food. If we focus on one thing, we may miss important events taking place at the same time.



2011 05-12, 1294 - TAKING A BREAK - I took a glance at my schedule for the next day and it was blank. Just like that, I suddenly was overcome with fatigue. To bed I went to rest and rejuvenate. I continued to rest until later in the day when my wife came in and said, "Get up, you have another book contract."



2011 05-13, 1295 - ALMOST - The lilacs are almost out. I have waited a long time, and I need to remind myself that when they do bloom I need to spend a little time with them savoring their sweet smell. It is so easy to miss what is taking place in the moment.



2011 05-14, 1296 - COLORS OF LIFE - There are many different colors to be seen when you look at the "green" leaves of spring. There are reds, yellows and browns sprinkled in also. Many people fail to see the rich colors of life that constantly surround them on their journey, and yet they are always there.



2011 05-15, 1297 - LUCID DREAMS - Early this morning I woke up in the middle of a dream, and I became aware of what was happening around me. It was great timing as I have just agreed to write a book on lucid dreaming, due in 3 months. If you have a lucid dream to share, please do so. Dream on.



2011 05-16, 1298 - FINDING A PERCH - The female purple finch found a perch on the bird feeder, taking a moment to rest in its journey of life. We as humans try to do the same. For me that perch is actually deep inside myself. I go there when it is time to rest and connect to the universe.



2011 05-17, 1299 - EQUAL OPPORTUNITY - The birds that come to the feeder have an equal opportunity to find the food. In life I believe that we all are given an equal opportunity to reach our soul's purpose here on earth. That said, I remind myself that each one of us has a different plan to follow.



2011 05-18, 1300 - ALWAYS WAITING - It seems as if I am always waiting for something in nature, like the ground phlox to open. The same holds true in all aspects of our lives, and yet while we wait, time is moving. Perhaps if we engage in life, we can anticipate the future, rather than just wait for it.



2011 05-19, 1301 - RAIN, RAIN, GO AWAY - Rain, rain, go away. It seems as if it has rained for days. It has. Where is the sun? I like to think of the love I feel from the Universe as sunshine, and I know it is always around me. All I have to do is remember and let it shine it through me for others.



2011 05-20, 1302 - DO YOU BELIEVE - Do you believe in fairies? In spirits? In guardian angles? In guides? In miracles? Do you believe in the law of attraction? So what is there that makes up the vastness of unknowing that surrounds us?



2011 05-21, 1303 - A FIELD IN BLOOM - My lawn is a field in bloom. After the rain is over, it will become a lawn again. Every day we are all fields in bloom with the potential to grow in many ways.



2011 05-22, 1304 - STILL HERE - Yesterday according to one religious group, the world was supposed to end. I'm still here today. Are you? Actually the world ends and begins every day. Not the earth, but each one of our worlds. Today is a new beginning.



2011 05-23, 1305 - DROP BY DROP - We have reached the saturation point with water, drop by drop. There is nowhere for it to go. When our minds get saturated with knowledge, we stop learning. If we continue our quest for truth drop-by-drop, then we will never be too full know it all.



2011 05-24, 1306 - THE BLUES - I don't know who came up with the term "The Blues" to describe feeling sad, but there are a lot of vibrant blues out there in the world. Right now we are in the blue period of flowers and seeing them helps me feel great.



2011 05-25, 1307 - SWEET SOUNDS - Finally! The weather has gotten warm enough to open the windows and let the sweet sounds of the brook flow through the house. Every time I am conscious of this sound I stop and take a breath and feel gratitude in my heart.



2011 05-26, 1308 - LADY OF THE GARDEN - There is a lady of the garden who watches over the fairies hiding in the flowers. Children can watch them fly. Children see reality differently than most adults. What if they are right?



2011 05-27, 1309 - EVERY WORD - Spending four hours recording 13 scripts for the 2nd edition of " The Everything Psychic Book", I was reminded of how important every word is. Then again, I also look at the intention behind the word. Sometimes it's hard to get them to match.



2011 05-28, 1310 - CAN YOU SEE THEM? - Can you see them? That is the question my wife and I have asked each other all spring. We were looking for the lupine that we planted from seed last fall. Yesterday we saw them for the first time. When you plant seeds in life, be patient and trust they will grow.



2011 05-29, 1311 - THOUGHTS ON APPLE BLOSSOMS - A few of the old apple trees up in the orchard were covered with blossoms this year. It is the most I've seen since we cut the woods away from them. You are ready to blossom in your life. All you have to do is allow yourself space to grow.



2011 05-30, 1312 - PAUSING TO REMEMBER - Today is Memorial Day, a day to pause and remember with gratitude all of those who have served and sacrificed to keep this great country free.



2011 05-31, 1313 - SETTING FRUIT - The fruit is setting on the wild strawberry plants scattered in the grass in the orchard. Soon there will be a delicate feast to sample. It takes a lot of patience to pick wild strawberries. It takes patience to harvest the fruits of your labor, but the reward is great.



2011 06-01, 1314 - REGAL LADIES - The regal ladies of the woodland are holding court. They are, of course, the Lady Slippers. They stand in royal silence waiting to be recognized by anyone or anything that visits their court.



2011 6-02, 1315 - STORM CLOUDS - I could see the storm as it worked its way over Mount Washington and heard the thunder as it passed by to the north. We missed that one. You have a built-in life storm-warning system. It's your connection to the Universe. Do you use it?



2011 06-03, 1316 - PORTRAITS - The Iris stood straight and tall waiting for me to take her portrait. It was my chance to capture the beauty that nature provides for us every day. Soon we will be on to the next season, but the portraits always remind me of things past and things to come.



2011 06-04, 1317 - SWEET LITTLE LILIES - The sweet little lilies-of-the-valley have a great big smell. They remind me that your littlest ideas can have big positive outcomes and, like the lilies, can spread rapidly to help others.



2011 06-05, 1318 - TRAIL WORK - We recently took Max up to help clear the trails. Max is our 6-wheeler. We don't use it all the time, but it is there in case we need it. You have your faith to help you clear the trails in your life.



2011 06-06, 1319 - MOOSE PASSING THROUGH - There was evidence from droppings on the trail that a moose had passed through and left its calling card. You leave calling cards all the time, not like the moose, but with your positive energy that can have good effects wherever you wander.



2011 06-07, 1320 - SUNNY BREAK - The lovely winged creature of nature found a warm rock in the sun where it could open its wings and take a short rest on its flight through life. Soon it would be off again. We always have the warm light of the Universe to warm our soul as we rest our wings.



2011 06-08, 1321 - NEW GROWTH - The hemlock trees are sporting bright green tips, indicating new growth. By the end of summer the color will have changed to the same as the rest of the tree. Unlike the hemlock, we grow a little every day if we choose to open to new knowledge.



2011 06-09, 1322 - BREAKWATER - The Harbor of Rockland, Maine has a granite breakwater that juts out into the sea at least a half a mile. Behind it the waters provide a safe haven for the boats that visit there. The Universe is our safe harbor as we sail the seas of life.



2011 06-10, 1323 - GUARDIAN OF THE HARBOR - The lighthouse stately stands at the end of the jetty as guardian of the harbor. It has escorted countless vessels safely to and from the sea in all kinds of conditions for many years. Our guides act as our guardians as we sail the waters of life.



2011 06-11, 1324 - A SINGLE LUPINE - A single lupine blossomed this year in my wife's small flower garden outside of her office window. She hopes that in the years to come this will lead to many more blooms. It starts from the seeds you sow every day with positive thoughts.



2011 06-12, 1325 - READY FOR WORK - The tugboat waits in the harbor ready to lend a helping hand to vessels that need it. We have help that will move elements in our lives that are too big for us alone. All you need to do is ask the Universe.



2011 06-13, 1326 - LEMON LILIES - The Lemon Lilies, the earliest of the daylilies, are now in bloom. For a day each blossom shares its beauty before giving way to the next bloom. If you choose, you have a new flower that you can share with those around you every day of the year. It is love.



2011 06-14, 1327 - HOME FROM THE SEA - At the end of a voyage a sailing ship comes home from the sea. The adventure may have been for a couple of hours or for several days. Still there is a feeling of being back on solid ground. Where is your homeport? Where is your spiritual home?



2011 06-15, 1328 - BLUE FLAG - We have a beautiful bunch of Blue Flag at the Center that welcomes people as they drive into the parking lot. Martha planted them several years ago. We all have bouquets that we can share every day - bouquets of smiles and kind thoughts and actions.



2011 06-16, 1329 - A BUNCH OF DAISIES - There is a bunch of daisies at the edge of the new clearing that survived the making of the field. I expect in years to come that the seeds from this bunch will create more bunches until a large area of flowers will fill the view. Your positive actions are seeds for others.



2011 06-17, 1330 - ALWAYS SOMETHING - People often use the term "always something" as a way of saying that something always goes wrong in their life. They think it, and it becomes a reality. The same words can also mean there is something with us to watch over us. How do you use these words?



2011 06-18, 1331 - QUITE A DAY - Yesterday was quite a day. I saw 2 deer about 3 PM behind the Center, one a young 4-point buck with velvet antlers. Then at home about 7 PM we saw a yearling bear close to the house. I wonder who was sending me a sign through nature, and what does it mean?



2011 06-19, 1332 - THE SMELL OF PIPE TOBACCO - Last night while I was taking a short rest before getting ready for a piano gig, I smelled pipe tobacco. I knew that my father was saying "hello". Today, "Fathers Day", I am grateful for visits from the Other Side. How do you receive messages?



2011 06-20, 1333 - SAILING WITH THE WIND - The windjammers sail the coast of Maine propelled by the ocean winds. Seeing them stirs a passion in my soul. We all have winds within our souls to propel us over the oceans of life.



2011 06-21, 1334 - FINALLY SUMMER - Today is the first day of summer 2011. It's finally here. Now the challenge is to find something special to celebrate and be grateful for every day until fall. Fall will have it's own agenda when it gets here.



2011 06-22, 1335 - HIDDEN SWEETS - Hidden under the grass in the orchard are the sweetest ripe wild strawberries. The birds and animals know they are there and will feast on them until they are gone. There are many hidden sweets in life, like kind acts.



2011 06-23, 1336 - ADIRONDACK ANNIVERSARY - Our son made us two Adirondack chairs for our anniversary, which is today. To me Adirondack chairs are a symbol of man building something that tune with and reflecting nature. Nature is a big part of our married life.



2011 06-24, 1337 - NEW CROP - There is a new crop of clover in the orchard. It will be feed for the animals, pollen for the bees, and tea for Martha. Every day you have a fresh crop of ideas that, like the clover, can become nourishment for others who your life touches.



2011 06-25, 1338 - SAND CASTLES - We recently watched sand castles being built at Hampton Beach as part of a competition. These professional builders produce works of art that will only last for a week or two before they disappear. Like many things in our lives, they are not permanent.



2011 06-26, 1339 - THE FRUITING STAGE - The apple blossoms have given way to small fruit. It will be a while before they mature, and there are many challenges yet ahead, including the weather, animals, and birds. For many of us, we are in the fruiting stage. Patience can help your ideas mature for harvest.



2011 06-27, 1340 - FOCUSING IN ON BEAUTY - There is a lot of beauty to focus on here in the mountains when one stops and takes a look. It is so easy to think of other things and pass nature by. Perhaps today is a good day to focus on the beauty around you.



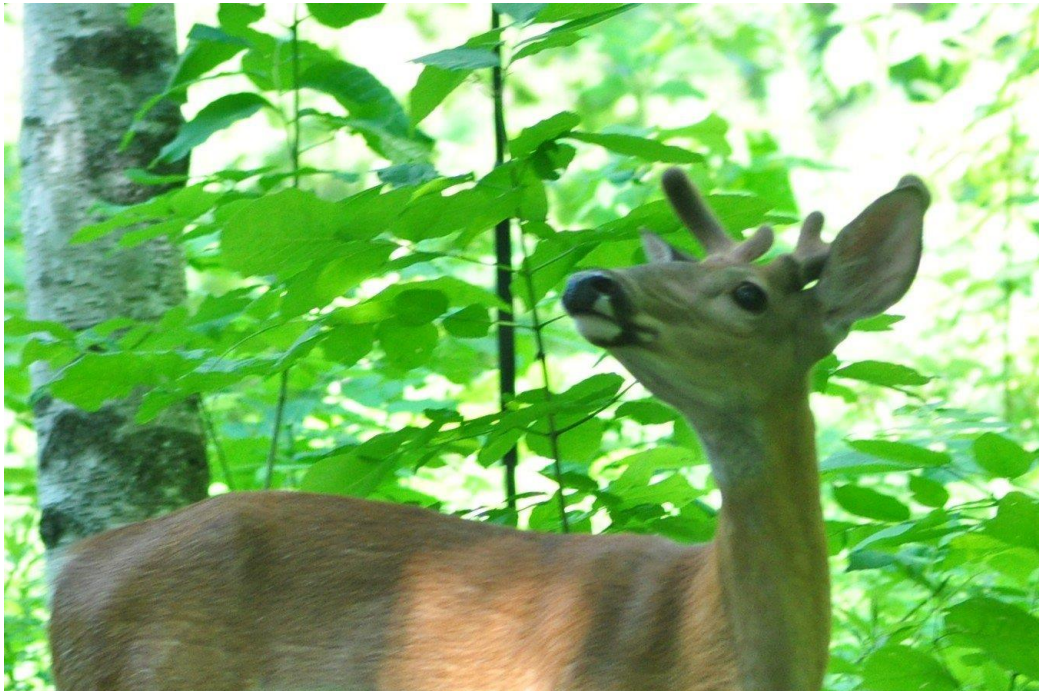
2011 06-28, 1341 - PRETENDING - The Double Mock Orange bush smells like an orange tree, but of course it isn't. Yet it has a real smell. How many times has your imagination played tricks on you, only to find out later you really weren't pretending. You knew, but didn't know how.



2011 06-29, 1342 - CLARITY - We seek clarity in our lives. We want to know our direction and understand our purpose. We like clear views of distances such as mountains and the ocean. No matter where we are, the view can get obstructed, but if we stay focused on our belief it will clear again.



2011 06-30, 1343 - A VELVET SURPRISE - Yesterday we had a surprise visit about lunchtime from a male deer whose horns were still covered in velvet. We took pictures as it grazed its way towards our house. I rarely see deer with velvet horns. I am grateful to the Universe for this special surprise.



2011 07-01, 1344 - NOW IS THE TIME - Now is the time to enjoy summer. It is at its finest. Remember when you thought about what you would do during the summer when you were in the middle of the winter? Now is also the time to honor your soul purpose. Enjoy.



2011 07-02, 1345 - HIDING IN THE GARDEN - The other day I found a flower hiding in the garden that I had transplanted there years ago. I captured its beauty in a picture. What beautiful "flowers", like artistic talents, do you have hiding in the garden of yourself? I'll bet there is at least one.



2011 07-03, 1346 - A BENCH FOR JEN'S VIEW - One of our Center's members has worked hard this spring opening up an old scenic view on the trails. The other day we took up a bench that our son had given us a couple of years ago to place on the trails. May you have many places with views on your walk of life.



2011 07-04, 1347 - CELEBRATING THE FOURTH - Today we celebrate the Fourth of July. It is a day of food, parades, family, and fireworks. It is a day to celebrate freedom. It is a day to feel gratitude for the opportunity to be free to pursue our soul's purpose.



2011 07-05, 1348 - A GLORIOUS EVENING - What a beautiful glorious evening last night. We watched the fireworks from the center of Ossipee Lake on a friend's boat. It was a blend of nature and man's passion for the dramatic. Every evening has the same potential when we are connected to the Universe.



2011 07-06, 1349 - SUNSETS - Sunrise and sunsets can be as spectacular as any of man's fireworks. They are a constant reminder of the splendor of nature. Many people are too busy to watch this re-occurring spectacle. You can pause any time you want and visit a sunset in your mind.



2011 07-07, 1350 - YOU ARE A VINE - Think of yourself as a beautiful flowering vine. Your roots are in your belief and you send forth tentacles that bear the flowers of your soul's work. Your beauty is there for others to recognize if they take the time to appreciate.



2011 07-08, 1351 - A DIFFERENT SUMMER ROUTINE - This summer my routine has been different. It revolves around writing. As a kid, the lazy days used to drift by. Now they rush by. Every summer is different, and this one is special, as is every one in some way. What do you find special this year?



2011 07-09, 1352 - THE HAIR OF A BEAR - The other day I went for a walk on the land with two representatives from the local USDA Natural Resources Conservation Service. One of them spotted a tree where a bear had rubbed against it, and there was a single hair still left. It's amazing what is there all along.



2011 07-10, 1353 - PENNY'S ROSE - The other day Penny's rose blossomed for the first time this year. It has a tiny pink flower about the size of a quarter. The year that we discovered it growing wild was right after her father had passed. It serves as a reminder of the connection between realities.



2011 07-11, 1354 - WANDERING - The seeds from the Bell Flowers wander about the trails, blown by the wind. Their blooms, far away from the original garden at the Center, greet us as we wander the land. You sow seeds every day as you wander through life. What kind of seeds are they?



2011 07-12, 1355 - TAKING A BITE OUT - The other day a naturalist pointed out to me a tree that had a fresh scar on it about six feet above the ground. She said that a bear had taken a bite to mark its trail. That got me thinking about taking a bite out of life. I like bites that are filled with purpose.



2011 07-13, 1356 - VARIETIES IN LIFE - Thanks to our friend Martha we are establishing several varieties of lilies at the Center. Now there are blooms of various colors taking place over much of the summer. In our flower garden of life it is the varieties of our experiences that make up our own uniqueness.



2011 07-14, 1357 - PART OF THE BROOD - The hens-and-chickens are spreading out in the flower garden. The brood gets larger and larger. We often think of a brood as a mother her and her chicks. Then again, we are all part of the spiritual brood with the Universe watching over us.



2011 07-15, 1358 - AFTERNOON SWIM - The grandkids and the loons were all taking an afternoon swim at the same time on a lake in Maine. Imagine what it would be like if there were no loons. It is up to all of us to protect the environment and to sow seeds of coexistence between nature and mankind for the future.



2011 07-16, 1359 - UNINVITED GUESTS - Most of us enjoy the creatures of nature, but sometimes they become unwanted guests when they intrude on our space. Today a small woodchuck was eating grass in Penny's garden. The test is how we balance the good with the bad. The same is true with habits.



2011 07-17, 1360 - MOWING THE TRAILS - One of the Center's associates happens to be gifted at mechanics and maintenance, as well as hypnosis. He recently mowed the main trail with his tractor. The result is a well-cut pathway to follow. The Universe will do the same for you if you will follow your trails.



2011 07-18, 1361 - A PLACE TO MEDITATE - Where do you meditate? Perhaps you have a special place or maybe you don't think you can meditate because you can't quiet your mind. You can have a meditation any place you want. Take breath, feel gratitude in your heart, exhale and continue about your day.



2011 07-19, 1362 - IN A BLUR - Yesterday went by in a blur. Actually I had my semiannual eye checkup, and my vision got blurred. Then I wrote a lot and played some jazz. The point is that life can be like a blur. Your belief that you have a soul's purpose can help bring your focus back.



2011 07-20, 1363 - SWEET RASPBERRIES - The wild raspberries are ripe and sweet. It takes time and patience to pick a cup full. They will soon be gone, but in life there are sweet moments that you can sample every day if you will let yourself be aware of them.



2011 07-21, 1364 - BROWN EYES - The Brown Eyed Susans are in bloom. It reminds me of how beautiful and different each variety of flowers is. Just as we have different colored eyes in our family, so does nature. Each variety has something beautiful to love and be grateful for.



2011 07-22, 1365 - BUG ELBOW - I'm sure you've heard of and maybe experienced "tennis elbow". There is a new battery powered bug zapper that looks like a mini tennis racket. Probably before long there will be a new medical condition called "bug elbow". I guess it's the pain of progress.



2011 07-23, 1366 - SUMMER SPLENDOR - The brilliant red of the Bee Balm adds to the splendor of summer. There is something incredible taking place in nature every day if we take the time to look for it.



2011 07-24, 1367 - NATURALLY WILD - When the wild aster is captured with a close-up lens, it looks much bigger than it really is. These delicate little wild flowers adorn the landscape this time of year here in the foothills. We often pass by the beauty that is right in front of us.



2011 07-25, 1368 - HOW ARE YOU KNOWN? - The hosta plant is more known for its large leaves than its flowers. Yet the small flowers are also beautiful. Different people know us in different ways. Some see us for the good we do, and some see us negatively. How are you known to others?



2011 07-26, 1369 - SILENT MEMORIES - The large boulder rests silently along the trail where it has rested since the ice age. I wonder what memories it holds within the silence of its stone facade. I wonder what memories our souls are trying to send through our conscious awareness.



2011 07-27, 1370 - ALONE IN THE WOODS - The old cedar tree stands alone in the woods surrounded by other species. How it got there we don't know. It is a testament to individuality and the will to survive. The tree isn't alone, because it is known that it is there. In the woods of life, you are not alone.



2011 07-28, 1371 - HAVE A SEAT - "Have a seat" is a phrase that we often think of when we have to wait. If you are in nature and you find a place to sit, you can contemplate. When we get on the Universe's bus and have a seat, we are a passenger on our soul's journey.



2011 07-29, 1372 - SWEET NECTAR - The bees are enjoying the sweet nectar they gather from the flowering herbs. We in turn enjoy the bees' honey. As we work in partnership with nature and the Universe, life offers us a lot of sweet nectar along our soul's path.



2011 07-30, 1373 - THE OLD FASHIONED WAY - We finally cut up a tree that came down last winter and was a barrier on one of the trails. I had put off cutting it because my chain saw is being repaired, so we decided to cut it the old fashioned way, by hand. It worked. Life is a blend of the new and the old.



2011 07-31, 1374 - LATE BLOOMERS - One species of yellow lilies that we have in the garden blooms a lot later than our earlier ones. They are refreshing to see amongst all the orange blossoms of mid-summer. Do you have a gift or talent that you have wanted to develop but have put it off? Now is the time.



2011 08-01, 1375 - DOUBLE TREAT - The double orange lilies remind me of double treats like two scoops of ice cream. Nature can remind us of a lot of pleasant things in life, like the pleasure of doing something for someone and then watching them pass it on to someone else.



2011 08-02, 1376 - A VERY SPECIAL ENCOUNTER - Yesterday I saw a 6-point buck at the edge of the clearing on top of the mountain. As I talked to it, it came towards me, stopping about thirty feet away. It was a very special encounter, and I wondered if divine forces were playing a role in it all.



2011 08-03, 1377 - A VERY SPECIAL LILY - Two years ago a group of Center members helped create a small meditation pond and waterfall. The other day a water lily bloomed for the first time. To me it is a special reminder that with trust and patience wonderful things are manifested.



2011 08-04, 1378 - SMALL BUT MAGNIFICENT - A small plant in the garden is so magnificent when it is examined closely. Small things and actions often get lost when they are a part of a bigger landscape. Your small positive thoughts are so important to the world and are magnificent.



2011 08-05, 1379 - RELAX - Today I am a little more relaxed than usual. The book is beginning to wrap up. I always talk about gratitude, love, and relaxing, and even though I practice it, there are times when I even enjoy it more. Now, on to other projects...



2011 08-06, 1380 - GOLDEN RAYS - The blossoms of the golden rod look like rays of sunshine shining on the landscape. The beauty of this scene reminds me that the golden rays of the Universe are always surrounding us if we take the time to be aware.



2011 08-07, 1381 - SPREADING THE SEEDS - Some 18 years ago I transplanted some phlox to our gardens at the house. Over the years they have spread and are growing wild, bringing August beauty with their blossoms. When you plant positive thoughts and actions, the Universe can help spread them.



2011 08-08, 1382 - RIGHT PLACE, RIGHT TIME - Recently I watched part of a special on TV that posed the question, "Did God create the Universe?" Of course, because there are still unexplained scientific questions, there still isn't a definitive answer unless one is positive in their mind. God knows the answer.



2011 08-09, 1383 - VARIETY IN LIFE - This summer I have really taken notice of the variety of flowers that grace the landscape here in the valley. I know that there have been years when I have failed to notice what is right in front of me. The Universe provides abundance in a variety of ways. Stay vigilant.



2011 08-10, 1384 - LOOKING THROUGH A BUBBLE - The drop of water on the fir tree's needle amplified its size. When we look through a bubble, we often see life differently. The bubble can help us be aware of more than we would normally see, but we need to also view life through our naked eyes.



2011 08-11, 1385 - DOWN TO THE ROOTS - Hikers have worn away the soil of the trail until the roots of the trees that fanned out under the surface are now exposed. The more we open ourselves to people, the more the roots of our soul are exposed. You have strong and incredible roots.



2011 08-12, 1386 - A SINGLE BLADE - A single blade of grass can eventually grow a field. A single positive thought can eventually grow a world of peace and love.



2011 08-13, 1387 - A FIELD OF DREAMS - The field at the clearing is now full of mature grass. What started as a dream is now a manifest reality. Dreams are real if we accept them as real and not just fiction in our mind.



2011 08-14, 1388 - STAGES OF MATURITY - Nature is constantly changing and evolving as different plants mature at different times. So too do we mature at our own pace on our soul's journey. You are now ready to share what you have learned.



2011 08-15, 1389 - A COLLECTION OF BEAUTIFUL FLOWERS - There is a small area of the stonewall planter at the Center which needs to be repaired. Several stones have dislodged and some beautiful flowers are growing in the spaces where the stones were. You are a collection of all your experiences that continue to help your beauty grow.



2011 08-16, 1390 - YOU ARE A LIGHT - Over the last few days at a convention I met many people who are spiritual lights. They shine when you talk with them, and I am so grateful that they are on earth at this time to share their light with those who are seeking the way.



2011 08-17, 1391 - IN THE LIGHT - The sunlight shining on the leaves reminded me of how spiritual light can illuminate love and gratitude in places where there is a need for positive reinforcement. Your light can brighten a lot of lives by just being who you are.



2011 08-18, 1392 - CREATE YOUR MESSAGE - We recently purchased a new message board for the Center to let passers-by know what is taking place there. It can be changed as often as we want. You are a message board, and you can change what you send out at any time. So what messages are you creating?



2011 08-19, 1393 - READY TO LEAP - The frog in the little meditation pond at the Center was ready to leap into the water when I snapped its picture. It reminded me of how many of you are ready to leap into the waters of life using your wonderful abilities to help others.



2011 08-20, 1394 - CONTINUAL BLOOM - Some of the lilies at the Center continue to bloom all summer, not just a day at a time. They remind me that each of us continually blooms with the wisdom of the Universe if we allow ourselves to do so. Which type of lily are you?



2011 08-21, 1395 - ON THE MOVE - The Johnny Jump Ups are constantly moving in the flower garden at the center. You are also constantly moving in life whether you realize it or not. If you send out positive thoughts and actions, you are also moving this energy on to others.



2011 08-22, 1396 - NOT ALONE ON THIS PATH - I have become very aware that I do not travel this path of life alone. There are many others out there with me, including you, who are deeply connected to the universe and are aware that there is a purpose to life. Thank you for being on the journey.



2011 08-23, 1397 - GIFT FROM THE OAKS - Our special friend Lisa wanted to find some acorns to take back to someone in California. As we walked the trails she found both this years' and last years' acorns to create a beautiful display on a piece of bark from a birch tree. You have gifts like the oaks to share.



2011 08-24, 1398 - LOOKING FOR SILENCE - I often seek the silence of the woods. Of course, it is really hard to find complete silence in today's world, not only from the outside world, but from the inside world of your mind. Then again, there are a lot of positive sounds in gratitude and love.



2011 08-25, 1399 - SHAKY GROUND - Recently many people in this area felt the East Coast earthquake when it happened. Some people were affected physically, suddenly feeling discomfort; even though they were unaware of the quake. Everyone responds to energy differently.



2011 08-26, 1400 - SWEETNESS IN LIFE - The sweet clover blossoms remind me that there are many sweet experiences in life mixed in between sour negative experiences. The more you become aware of life's sweetness, the more you move away from the sour. There is always something sweet.



2011 08-27, 1401 - TASTING THE SWEETNESS - The yellow moth enjoyed the sweet nectar of the clover blossom in the new field at the view. It reminded me that there is sweetness in life if we will only pause for a moment to savor it with love and gratitude.



2011 08-28, 1402 - HURRICANE WATCH - We are currently under a hurricane-tropical storm watch here in the mountains of New Hampshire. Life is sometimes like a hurricane when everything starts to swirl around us. That's the time to hunker down and wait for the calm to return.



2011 08-29, 1403 - PEACE RETURNS - Peace has returned to the valley now, a day after a major storm moved through - at least as far as the weather goes. It may take some days, weeks, months, or even years to recover. Still, today is the first day to start moving forward. Every day provides that opportunity.



2011 08-30, 1404 - PURE - The single white phlox growing beside the stone wall reminded me of the beauty of pure intentions; intentions that are free from being polluted by the ego. Perfection is really in what you intend, even though the results may not show it.



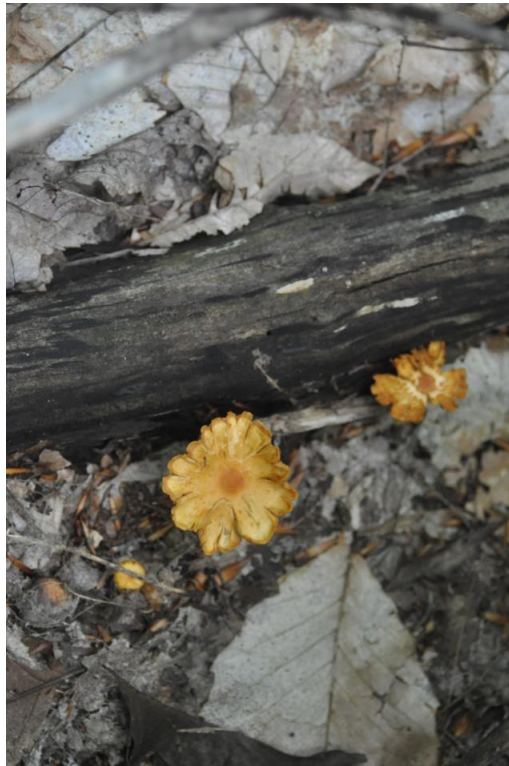
2011 08-31, 1405 - LATE SUMMER TREATS - The blackberries ripening alongside the trail provided a late summer treat as we munched our way down the mountainside. The late summer treat reminded me that there is always something special to find in life every day of the year if we look.



2011 09-01, 1406 - EYES IN THE WOODS - There are eyes everywhere in the woods. They can be seen on the trunks of trees standing guard along the trails. At night you can see eyes of animals shining when you shine a bright light into the darkness. Imagine angel eyes watching over you at all times.



2011 09-02, 1407 - STRANGE FLOWERS - The other day I spotted what I at first thought was a flower in the woods. It turned out to be a mushroom. In life most of us have a gift, often intuitive, that we think is a little strange and try to hide from others. Just like the mushroom, your gifts are beautiful.



2011 09-03, 1408 - LOGICAL - Logical thinking follows a pattern of previous actions that have proved to create consistent outcomes. Most of us try to live logical lives until something illogical happens. Then we are confused.



2011 09-04, 1409 - ILLOGICAL - Illogical thinking does not follow common wisdom. There are often times in all our lives, when old wisdom does not work anymore and new wisdom has not yet been formulated, where we are in what seems to be an illogical state or confused.



2011 09-05, 1410 - DEFYING LOGIC - When we defy logic, or observe something that defies logic, we are stepping outside of the norm. The law of attraction defines conventional logic by embracing the principle that thoughts are already realities.



2011 09-06, 1411 - QUARTZ ENERGY - There are a lot of quartz crystals contained in the granite ledge on the mountainside. Perhaps it was an ancient place where the quartz energy helped provide for souls to travel into other dimensions. The energy is still there if we stop and feel it.



2011 09-07, 1412 - A PREVIEW OF COMING CHANGES - Just as the leaves give us hints of the coming change of seasons, your intuition can give you hints of coming changes in life. It may be by a gut feeling or a dream. Your frequency is your own and is always with you.



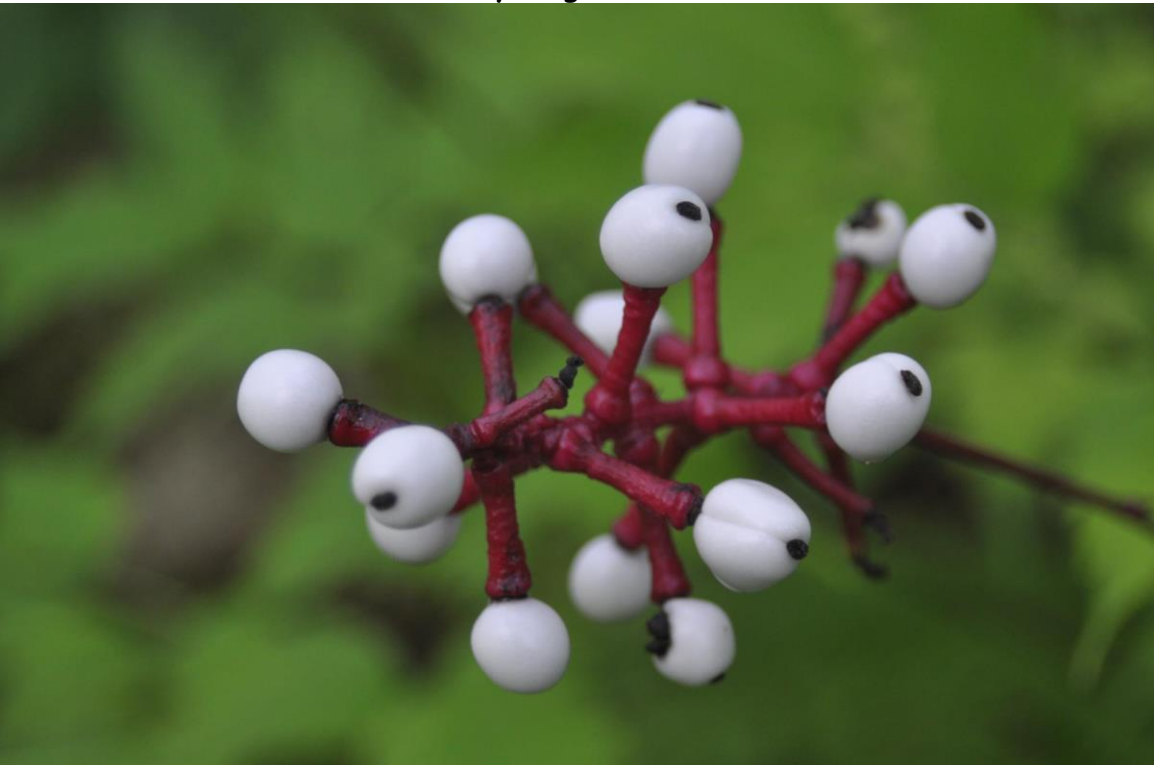
2011 09-08, 1413 - ALMOST TIME - It is almost time to harvest the Red Delicious Apples. It looks like a good crop this year. It is also almost time for you to set your incredible gifts in motion to spread love and gratitude wherever you go.



2011 09-09, 1414 - EYE-CATCHING - The brilliant red-orange dot on the floor of the forest caught my attention. On investigation it was a tiny mushroom growing silently after a few days of rain. You get eye-catching thoughts of intuition that you may investigate if you choose.



2011 09-10, 1415 - THOUGHTS ON A WHITE BANE BERRY - The White Baneberry, sometimes known as Dolls Eyes, is an intriguing plant. To me it looks like some kind of scientific model. I guess it is. It also reminds me of how everything in the Universe is connected.



2011 09-11, 1416 - NINE-ELEVEN-ELEVEN - Today is Nine-Eleven-Eleven, ten years after the World Trade Center bombing. It is a day to reflect and to trust and believe that somehow the peoples of the world, through the sacrifices made throughout history, will finally come together in peace.



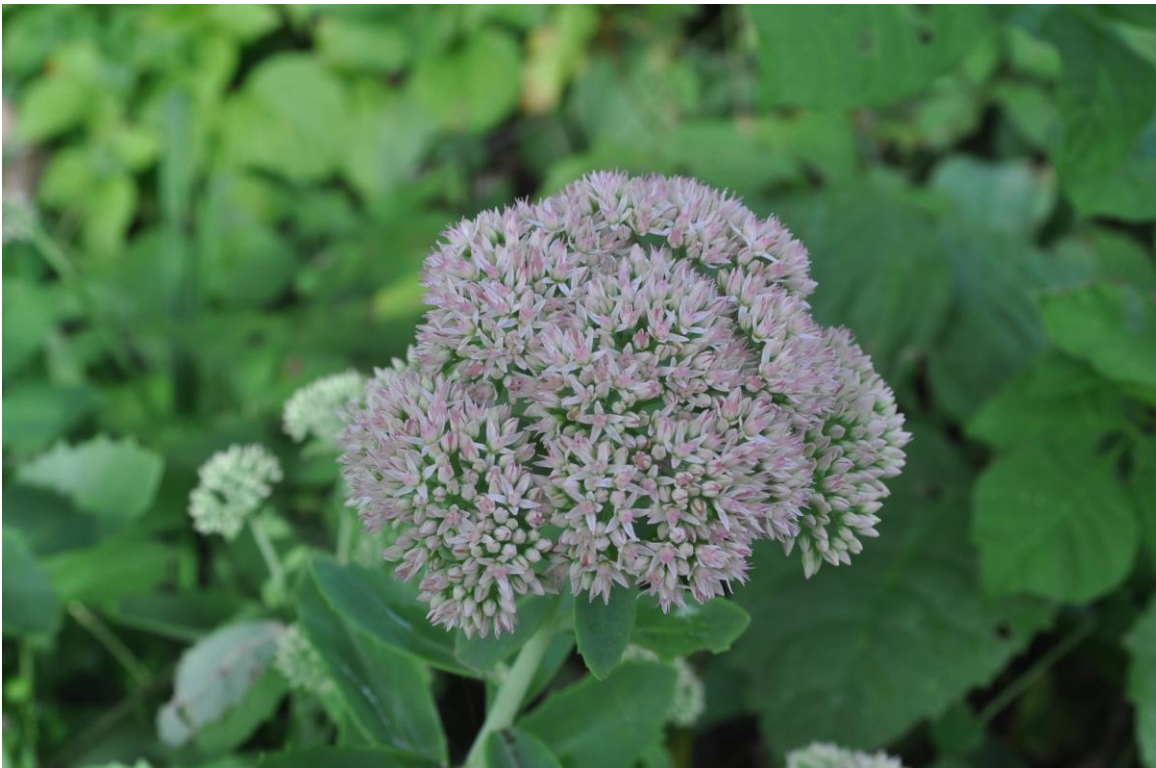
2011 09-12, 1417 - SEASON TO SEASON - The red berries and the green leaves on the wild mountain holly bush remind me of how we constantly are moving from season to season. Like nature, you are a blend of what you are and what you will become.



2011 09-13, 1418 - THIS TIME OF YEAR - There is something about this time of year that inspires me to begin new projects. Perhaps it is the crispness in the air or the years of going back to school. It is a time for all of us to rediscover life again for the first time.



2011 09-14, 1419 - SLOW MATURING - Some plants in the garden like the Stonecrop are slow to mature, only now coming into color, while others have long since ceased to flower. Some plants flower the entire season. How about you? Are you still maturing? Are you still developing a passion for life?



2011 09-15, 1420 - SPECIAL SPOTS - The other day we had the chance to visit a friend's special spot, a cabin on a small lake not far from their home. It has been a retreat for family and friends for many years and will soon pass on to others to create memories there. What is your special spot?



2011 09-16, 1421 - PLACES TO MEDITATE - Perhaps it's a man thing, but many men seem to look for solitary spots to hide in their minds under the guise of fishing, hunting, watching TV, or just spending time in nature or, like my father, reading on the porch of his cottage. I think it is a way of meditating.



2011 09-17, 1422 - HOME SWEET HOME - The old dead hollow tree in the woods is home to insects, birds and animals. Where is your home? It may be where your heart is and not where you live. It may be somewhere out in the Universe in a different dimension. Where do you feel most at home?



2011 09-18, 1423 - CUTTING A NEW TRAIL - We are working on cutting a new trail. It is going from just off Eagles Way to the old Class VI road. We needed to flag the trail first before we began to cut it. In life, it is important to have a destination in mind before you start your journey.



2011 09-19, 1424 - FIRST IN LINE - The sumac tree, not one of our favorites, is nearly the first in line to show its fall colors. It seems to have a need to be noticed and be the center of attention. It will fade when the real show starts. Do you know any people like that?



2011 09-20, 1425 - RIDING THE WIND - The seeds from wildflowers are ready to ride the wind to find fertile ground for next year. So too are your positive thoughts. It is time to let them fly.



2011 09-21, 1426 - QUANTUM THINKING - I think I may be a quantum thinker. That's because my thoughts do not follow a logical sequence like most other people. Some call that attention deficit. Then again, maybe there is a logical sequence that is not logical to everyday thinking. Confused?



2011 09-22, 1427 - ABUNDANCE - Some people have a lot of positive abundance in their lives. There are others that seem to harvest only an abundance of negativity. It is okay to accept abundance in mind, body, and spirit, as well feeling good about using what you reap for the good of all.



2011 09-23, 1428 - LATE START - Fall is getting a late start this year. It is late on the calendar and with its show of colorful leaves. Yet at the same time, it will come together perfectly. You may think you have gotten a late start in life, but really your timing is perfect.



2011 09-24, 1429 - VORTEX - Have you ever been in a vortex, a place where you feel the cosmic energy flowing over and around you? This type of vortex to me is a loving and peaceful energy, not like the normal whirlpools of life. We have a spot on the mountain that seems to be a vortex.



2011 09-25, 1430 -ALL IN THE LIGHTING - Nature has a way of creating dramatic lighting effects. To experience them you need to be there at the right time. Many of us pass this by without noticing every day. If your life is in a "rut", check the lighting and you may get a different view.



2011 09-26, 1431 - BLENDING OF SEASONS - We are blending seasons together here in the valley. Summer and fall have come together in greens and browns. We are a blend of the seasons of our life from youthful energy to mature wisdom.



2011 09-27, 1432 - FALL BOUQUET - Nature provides beautiful natural fall bouquets to photograph and appreciate as I wander the trails. You may not notice, but you are also a beautiful bouquet as you constantly transition throughout your life.



2011 09-28, 1433 - IN THE BACK OF MY MIND - I have kept the idea of restoring the old wagon in the orchard in the back of my mind for several years. It may seem abandoned to those that pass by, but not to me. What ideas do you have in the back of your mind waiting to become realities?



2011 09-29, 1434 - INCREDIBLE CREATIONS - After a week we went back to work on the new trail when my wife noticed large fungi growing where she had moved around the soil. They were incredible creations of nature. When you stir the soil in your life, incredible creations may also occur.



2011 09-30, 1435 - GETTING IN THE ACT - It seems as if all of nature is getting in the act of displaying fall colors, even the mushrooms. The other day I discovered some orange ones growing at the side of the old road. I think people are also getting in the act of waking up and discovering like again.



2011 10-01, 1436 - PERFECT BLEND - The red and green leaves with a white birch tree all blend together perfectly as the seasons make their transitions. In life a perfect blend is the experiences of the past, coupled with the positive intentions for the future experienced in every moment.



2011 10-02, 1437 - WORTH THE WAIT - We have waited several years to gather enough good apples from the orchard to make a big apple pie. We have had a couple of meager ones in the past, but this year we had plenty. We could have given up. What is in you that is worth waiting for?



2011 10-03, 1438 - CAUGHT IN A CYCLE - We have been caught up in a rainy weather cycle for several days. It is not much fun when you want to go to the Fair. We get caught in life cycles where we seem to be stuck. Maybe to break the cycle you could think in terms of gratitude rather than of lost hope.



2011 10-04, 1439 - BEST LAID PLANS - A woodchopper in the tree-falling competition at the fair planned to cut down his "tree" and land it on a bottle of colored water. Something went wrong and the tree went in the exact opposite direction, landing on a chain link fence. Ever have a day like that?



2011 10-05, 1440 - STIRRING THE POT - The cooks in Loretta's Kitchen at the fair were stirring the pots on the old wood stove. There were mixing together the ingredients for a delicious sample for visitors to try. Life sometimes creates the need for you to stir up the ingredients you have collected.



2011 10-06, 1441 - MANY SIZES AND SHAPES - The pumpkins and squash in the display came in many sizes and shapes and represented several different varieties. Ideas come in many sizes and shapes, and when they are blended together positively, they can do much good for the world.



2011 10-07, 1442 - IN A SWIRL - The rider appeared to be caught up in a swirl of lights as he went round and round above the ground. We do the same in life, and it is always important to know how to keep ourselves grounded and stay in touch with the life force of the Universe.



2011 10-08, 1443 - SORTING THE HARVEST - There was a demonstration at the Farm Museum at the fair on sorting cranberries. The old machine with its wide belts help people sort through the cranberries to willow out the bad ones. You may want to sort through your harvest of abilities and use only the best.



2011 10-09, 1444 - HOT POTATOES - There are a lot of hot potatoes at the fair. They may be baked or served as French Fries. An idea is sort of like a hot potato. It needs to sit awhile before it is ready to be digested.



2011 10-10, 1445 - SEASONED HANDS - Seasoned tuba player hands instinctively press the right levers to help produce rich low musical tones. Perhaps the years of practice will help inspire a young person to take up the instrument. What is your seasoned skill?



2011 10-11, 1446 - CHANGING COLORS - The colors of fall are now in full transition here in the mountains. In fact it seems as if they are changing right in front of our eyes. You may have noticed that you too are getting clearer intuitive messages lately. They are part of the change taking place.



2011 10-12, 1447 - DIFFERENT PERSPECTIVES, SAME VIEW - There is so much fall foliage to see right now, both close up and further in the distance. We can look at the same view from many different perspectives. The same is true in life.



2011 10-13, 1448 - WAYS TO MEDITATE - There are many ways to meditate. In fact, I believe that every person has his or her own frequency. Some people are active and some are quiet when they meditate. If you have not found the best way to meditate yet, remember no one will do it the same as you.



2011 10-14, 1449 - BURDEN OF PROOF - The leaves are in their fall dress. That is real. I can see it, or maybe it's just an illusion. We know things that are real that we cannot prove and we sometimes think illusions are real without seeking proof. Where does the burden of proof lay (or lie)?



2011 10-15, 1450 - LOOKING FOR MAGIC - I look for magic in my life every day. This time of year it is the color of the leaves. Magic to me is something that creates hope in my mind that there are really miracles waiting to happen. In fact you are magic and can help spread the Universe's miracles.



2011 10-16, 1451 - MORNING PASTELS - This morning, now that the leaves in front of the large window are coming off the trees, I was able to see an alpine glow that blended in with the soft pastels of autumn. It reminded me that the softness in life comes from gratitude and unconditional love.



2011 10-17, 1452 - FOCUSING IN - Sometimes the cloudy weather doesn't allow us to focus on the distance, only what is nearby. Sometimes we can see for miles. It is good to be able to focus in on your part in a greater scheme to life. At the same time it is important to realize we are only a part.



2011 10-18, 1453 - FINDING BEAUTY - Everywhere you look there is beauty here in the mountains. Still, when the color fades, there will still be beauty. It is not just on the surface. It is the feeling of being on the land. Beauty can be experienced in all the senses.



2011 10-19, 1454 - VIEW FROM ABOVE - The telephoto lens provided a different view of the landscape in the valley. The picture came out as if I was suspended in air looking down from above. When we take time in nature, we often come back with a different view of a life situation.



2011 10-20, 1455 - CAPTURING BEAUTY - How do you capture beauty in your mind's eye? For me it is a fleeting moment of appreciation never to be seen the exact same way again. At least I can capture the essence of beauty with my camera.



2011 10-21, 1456 - STILL MORE TO SEE - There is still more fall foliage to see. There is everything from bare branches to green leaves. Some people have stopped looking and will miss the beauty in front of them. The same is true in life. People give up when there is still more to see in life.



2011 10-22, 1457 - VIEW FROM AFAR - The farm across the valley becomes closer when viewed through the long distance lens of my camera. Still, I am only a witness to the beautiful scene. To really be there I need to go there. Sometimes we need to move towards our goal in order to attract it.



2011 10-23, 1458 - RIGHT UNDER MY FEET - I noticed a beautiful fall scene right under my feet as I walked through a wet area near the orchard. It reminded me that in life we sometimes are searching for the answers in other places instead of looking at what is currently right under our feet.



2011 10-24, 1459 - COLOR IN THE GRAY - This time of year the world can become very gray. Yet there still is color if we take the time to look for it. In life when you find yourself in the "gray zone", pause for a moment and just look around for something colorful.



2011 10-25, 1460 - HOPE SPRINGS ETERNAL - A few lupine plants scattered throughout the clearing this fall gives me hope that there just may be some lupine flowers next spring. In life if we give up and lose our hope, we also stop looking for the beauty yet to come.



2011 10-26, 1461 - ANOTHER LEAF - This podcast was inspired by another leaf. Actually it was a comment my wife said when she saw the picture I planned to use. To me each leaf is unique and interesting, as is everything in life. To others things look pretty much the same. I look for the difference.



2011 10-27, 1462 - THRESHOLD - Today's podcast is inspired by the late Bruce Bedford, a gifted photographer who had the ability to look into the essence of the soul of his subject through his camera lens. He is now crossing over new thresholds on the journey of his soul. Thank you, Bruce.



2011 10-28, 1463 - IT'S HERE - The first snow has arrived here in the valley. Today is also the last day of one of the Mayan Calendars. It is a day to prepare for both winter and a new era ahead. Both may provide great adventures.



2011 10-29, 1464 - A NEW ERA - Today is a new beginning. It is the first day of a new Mayan Calendar. It is a chance to re-evaluate your soul's purpose. It is a day to begin new adventures. Actually every day affords us the same opportunity.



2011 10-30, 1465 - CLASH OF SEASONS - The seasons are beginning their annual clash, a ritual that happens this time of year when winter first makes its appearance here in the mountains. Sometimes we clash with ourselves or with others when we begin to change the seasons of our life.



2011 10-31, 1466 - SACRED MOUNTAINS - Photographer Bruce Bedford took a digital photo on a summer's solstice several years ago that came out as a triple exposure. He said it couldn't be done, but it happened. Perhaps it was the sacred energy of the mountains. You can see it in the photo.



2011 11-01, 1467 - ABOVE THE CLOUDS - When you float above the clouds at 38,000 feet, you gain a different perspective on the world. When you return to earth, perhaps what you have learned from above the clouds can help you in life.



2011 11-02, 1468 - ANGRY SEA - The sea was angry. Strong wind whipped the waves, and the water became clouded. Eventually calm will return. When the seas of life become angry, it is time to seek the safe harbor the Universe provides.



2011 11-03, 1469 - GIANTS OF NATURE - Many of the giants of nature have long since disappeared, casualties to man's conquering of the landscape. The remnants that are left can help to inspire us to save them for future mankind to appreciate nature's ability to create.



2011 11-04, 1470 - DELICATE FLOWERS - Flowers are often very delicate and are often ruled by the environment they work to survive in. In the mountains there are tiny alpine flowers while others do not survive in the cold. Your gifts are like delicate flowers and need to be nurtured to grow.



2011 11-05, 1471 - BURIED TREASURE - It is in our nature to search for buried treasure. Whether it is gold, silver, semi and precious gems, antiques, or lost buried, we are always ready to start the hunt. The greatest of buried treasure lies within each of us. It is your own frequency to the Universe.



2011 11-06, 1472 - LIFE PATTERNS - Nature teaches us a lot about life. The study of nature can teach us that there is a pattern to it as it flows through its cycles. Life has a pattern to it also that flows throughout our soul's journey.



2011 11-07, 1473 - PERFECT HOST - The old stump was a perfect host for the mushrooms that grew on its decaying bark. Healthy trees can also host other living plants. People who give up on life are often like an old stump and become a host for negative energy. Other hosts attract the positive.



2011 11-08, 1474 - ROUND AND ROUND - At first glance the labyrinth at the Center appears to go round and round in circles. A closer look shows that there are many directional changes as you work your way towards the middle. In life when you think you are going in circles, you may not be after all.



2011 11-09, 1475 - FULL BLOOM - Unlike most of the flowers, trees, and other plants in nature that are in full bloom for a short time, we have the opportunity to reach our peak every day. When we allow this to happen with our spiritual side, it is achieved with light and love.



2011 11-10, 1476 - SPECK OF BRILLIANCE - The small chips of mica reflect the sunshine with a brilliance that looks like diamonds to my eyes. When the sun goes behind the clouds, there is no sparkle. The Universe provides the light to reflect our offering of love and gratitude.



2011 11-11, 1477 - BLOCKING THE WAY - The old tree finally fell and blocked the path on the trail going to the ledge. Fortunately we can walk around it until it is cut and moved. When the trail of our soul purpose becomes blocked, remember that you can go around, climb over or go under. You have options.



2011 11-12, 1478 - TWISTS AND TURNS - The Tree had many twists and turns in it. It must have had an interesting life. We often have many twists and turns in our lives as we follow the course of our souls. You are where you should be at this time as you prepare for the next adventure.



2011 11-13, 1479 - STILL BEAUTIFUL - Long after the flower has faded it still is a thing of beauty to my eyes. Beauty runs more than skin deep. The real beauty is in the heart and soul.



2011 11-14, 1480 - SURE-FOOTED - The goats on the island of St. Maarten easily negotiated the steep rocky surface on the hillside. I am not sure I would have had the courage to stand where they played. I think that our trust in the Universe's purpose can help us remain sure-footed in life.



2011 11-15, 1481 - COMING TOGETHER - This picture of the ocean and the sky coming together has more than one meaning, as I found out later. It was a precursor of the ending to a story that has been playing out for centuries. Stay tuned. Your pieces are coming together also.



2011 11-16, 1482 - LUSH LANDSCAPES - There is a sharp contrast between the lush landscapes of the Caribbean Islands and the late fall scene here in the mountains, and yet there is something about this time of year here in the mountains that provides a lush feel to life.



2011 11-17, 1483 - CONTRASTING LAYERS - I recently saw clouds moving across the sky above the ocean at two different speeds. It was like a fast and slow lane of cloud traffic. It reminded me that we have contrasting layers of thought that often work against each other. You can change the contrast.



2011 11-18, 1484 - SAILING INTO A DREAM - The photo says it all. It is like sailing into a dream. Have you ever waited for a long time to go somewhere you have never been before and found it sort of surreal when you finally got there? When the visit is over, it takes time to process the experience.



2011 11-19, 1485 - ALONE - The small cluster of leaves stands alone, seemingly out of place with the season. Sometimes we feel the same way in life; yet, there is always something with us that may not be seen but is watching over our every move.



2011 11-20, 1486 - NATURE'S DESIGNS - Nature creates many beautiful designs, such as frozen ice in a puddle of water. We also can affect designs when we work opposite nature. Negative thoughts can interrupt the completion of beautiful ones.



2011 11-21, 1487 - BLEAK BEAUTY - Even though, at first glance, the landscape looks very bleak this time of year, there is beauty to be found. In life when everything looks blah, look around with gratitude, and I'll bet you will find beauty.



2011 11-22, 1488 - OVERLOOKED - When we harvested the apples, we inadvertently overlooked a few. It is almost impossible to find every one on the tree because of the leaves. In life it is easy to overlook something as we follow our path, despite our intentions.



2011 11-23, 1489 - HERE WE GO AGAIN - Here we go again, diving head first into winter. Some people are thrilled, and some wish they could move to some place warmer. Every day brings opportunities or challenges, no matter what time of year or where you live. It is your choice how you go about life.



2011 11-24, 1490 - THANKSGIVING MEMORIES - On this Thanksgiving Day, I paused for a moment and thought back on some of my Thanksgiving memories. You may be doing the same. Each of us has a separate journey and much to be grateful for.



2011 11-25, 1491 - WINTER SKY - The brilliant sky reflects the coldness of the snow, giving a preview of the season to come. The sky-like life is composed of many colors contrasts. We wait for nature to change the sky, while in life, gratitude can help change our colors.



2011 11-26, 1492 - SILHOUETTES - The trees cast their silhouettes against the early evening sky showing their bare limbs and the influences nature has had on their growth. Just as nature shapes the trees, so does life shape us.



2011 11-27, 1493 - CORNER POSTS - Corner Posts help define the boundaries of the Center. In life, corner posts (signs from the Universe) can be a good indicator that we are following in line with our life's purpose.



2011 11-28, 1494 - FINDING EVIDENCE - With the new snow I found evidence of the animals that are crossing our land. One track seems to be that of a bear that has not yet hibernated for the winter. When we pay attention, there is a lot of evidence in life to help prove what we know is real.



2011 11-29, 1495 - TINY DROPLETS - The pine bough was laden with countless droplets of water. It might have gone unnoticed if I had not passed by. You send out countless droplets of thought energy that when working together can create positive changes in the world.



2011 11-30, 1496 - WHAT SEASON IT IS? - The brook is running like it usually does in the spring, and the temperature is well above average on this last day of November. Last week it was winter. We anticipate the shopping season for the holidays. We forget to focus on the experience of the day.



2011 12-01, 1497 - DECORATED FOR THE SEASON - The red bush at the end of the driveway is decorated with beautiful red berries reflecting the colors of the holiday season. I am grateful that nature gives us so much to remind us that there are many beautiful things in life waiting to be discovered every day.



2011 12-02, 1498 - SEA OF BLOOMS - The greenhouse at UNH was filled with a vast sea of blooms from the poinsettias that were on display. It took many individual plants, each covered with blooms, to create the scene. You are one of many in a sea of positive thoughts. You are a part of the whole.



2011 12-03, 1499 - A MESSAGE THROUGH NATURE - Yesterday my wife found a Mayflower blossoming under the Christmas tree in the orchard. We are in December! I believe that she was sent a beautiful message through nature that there are gifts coming to her with help from the other side.



2011 12-04, 1500 - EDGES OF THE TRAIL - As the trees grow up in old clear-cuts it is easier to define the edges of the trails that wander through them towards their destinations. As we wander the trails of life towards our goals, the Universe helps define our purpose.



2011 12-05, 1501 - Yesterday was podcast number 1500. That's about 4 days of straight talking. I am grateful that nature shows me different ways to talk about and ponder the mysteries of life. I thank my wife for doing all of the work behind the scenes to get the Universe's message out.



2011 12-06, 1502 - BUILDING WALLS - There are many stonewalls on the land. Some are built with a lot of care while others are just piles of stone. They were built to keep animals in, to clear the fields, and to make property lines. People build walls around themselves that help keep fear in.



2011 12-07, 1503 - NO CLEAR PATH - There was no clear path through the old clear cut. Once you enter it is easy to lose your way and get turned around. We sometimes get lost in life the same way when we forget that there is something that can give us directions, regardless of where we wander.



2011 12-08, 1504 - TOUGH ENVIRONMENT - The harsh winter environment here in the mountains makes for a long season for many. Imagine what it would have been like a couple of hundred years ago. Life is a tough environment for many that struggle to find work. Remember that seasons change.



2011 12-09, 1505 - THE PERFECT STAR - We searched several stores for the perfect star for the top of our large Christmas tree. We even bought and took back one that wasn't right. Finally, in the last store, there it was. In life, when we are about to give up, we often find what we were looking for.



2011 12-10, 1506 - SECRET STASH - My wife found a secret stash under a pillow in our granddaughter's room when she comes to visit. It was a pile of beechnuts and probably left by a mouse. People have secret stashes tucked away, including secret abilities which should be shared.



2011 12-11, 1507 - LONG SINCE ABANDONED - The old sap bucket was abandoned years ago. It represents broken dreams that were given up on. If the person had stayed with it, there would have been sweet rewards at the end of the project. Believing in a reason can help us achieve our dreams.



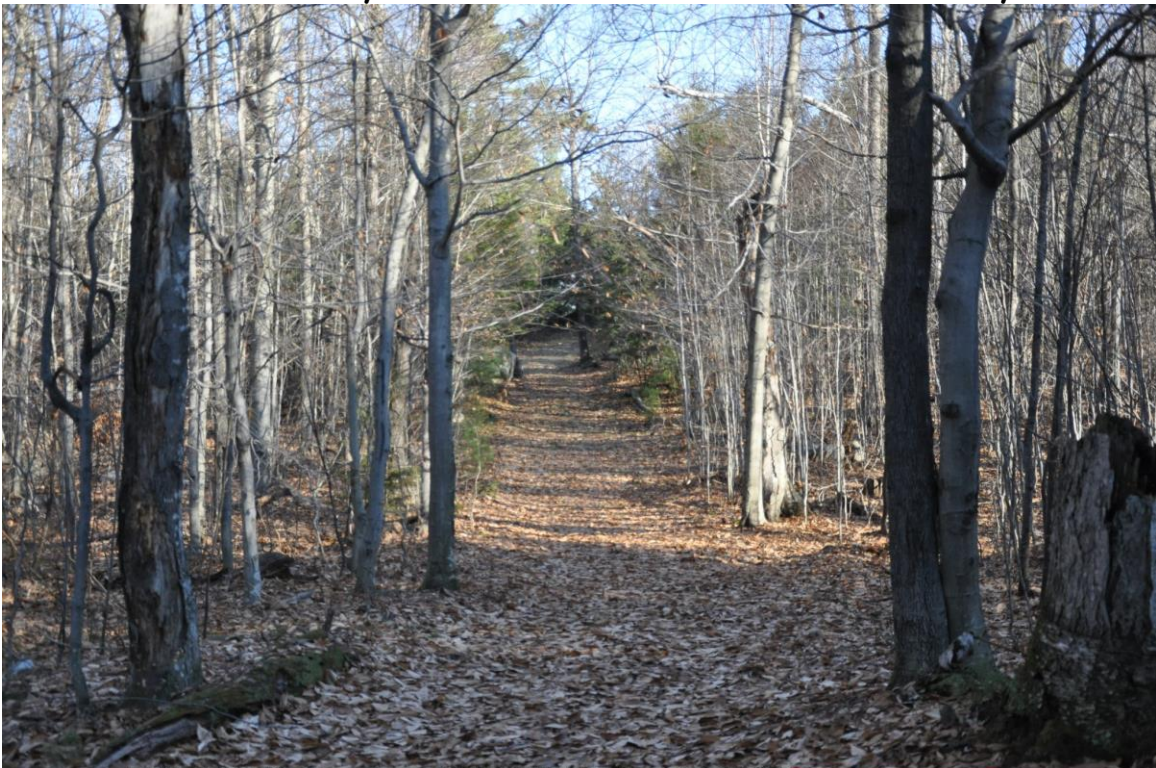
2011 12-12, 1508 - THE CHILDREN'S HAPPINESS PROJECT - My seven-year (almost eight) granddaughter asked Santa recently for happiness for all the children of the world. Santa didn't know what to say. Perhaps it's time to really listen to what the wise children of the world are telling us and help them achieve happiness.



2011 12-13, 1509 - OUT OF VIEW - The tree at the edge of the orchard is decorated for winter, and the old wagon is filled with "fake" presents. Few people will ever see it because it is out of view from the highway. What abilities do you keep out of view that could bring joy to others?



2011 12-14, 1510 - SHARING THE TRAIL - We share the trails at the Center with all that want to walk them. It is always a delight to meet someone while I'm on my walk. In life we share the trail with others sometimes for only a brief moment. That moment can affect your entire life.



2011 12-15, 1511 - DEBRIS FIELD - This time of year, when the leaves are gone and there is a light coating of snow, I can see the debris that covers the floor of the woods. It is from the damage of storms from the past. We carry a lot of debris with us in life that gratitude and love can help clear away.



2011 12-16, 1512 - THE SMELL OF HOT CHOCOLATE - Yesterday my wife baked brownies to include in holiday food baskets given by the local churchwomen's group to area shut-ins. The smell of the hot chocolate was captivating. Smells can remind us of many things we are grateful for in our lives.



2011 12-17, 1513 - SNOWBOW - Yesterday morning as I walked across the clearing at the height of the land I noticed a "snowbow" faintly casting its colors as the sun shined through the snow showers over the mountains. It was special and reminded me of the miracles that do exist around us.



2011 12-18, 1514 - SILENT GIANT - There is a silent giant that stands guard alongside the old road. I take note when I pass it by. Several people have told me that they see a silent giant behind me. Even though I do not see him, the giant in the woods serves as a reminder.



2011 12-19, 1515 - AWAKE - Many people seem to be having trouble with sleep patterns. Then again nature seems to be doing the same. Early this morning I heard a bear holler. It should have been asleep for the winter. No snow either. There's a lot to think about. Enough to keep you awake.



2011 12-20, 1516 - THE PYRAMID - I can see a mountain from the clearing that looks like an ancient pyramid. I like to imagine what it might have meant to ancient people that visited or lived on the land. Life is so full of mysteries.



2011 12-21, 1517 - NATURE IS DECORATING - Nature is decorating for the season. We may not have the white stuff yet, but there is plenty else to appreciate, such as the pinecone I photographed recently on a blanket of snow that has since melted. The pinecone represents seeds for the future.



2011 12-22, 1518 - EMERGING FROM DARKNESS - Today begins the six-month journey into the light. It is a time when we have a chance to plan for the spring as we continue our search for enlightenment. What you have learned so far will help light the way for others on the same path.



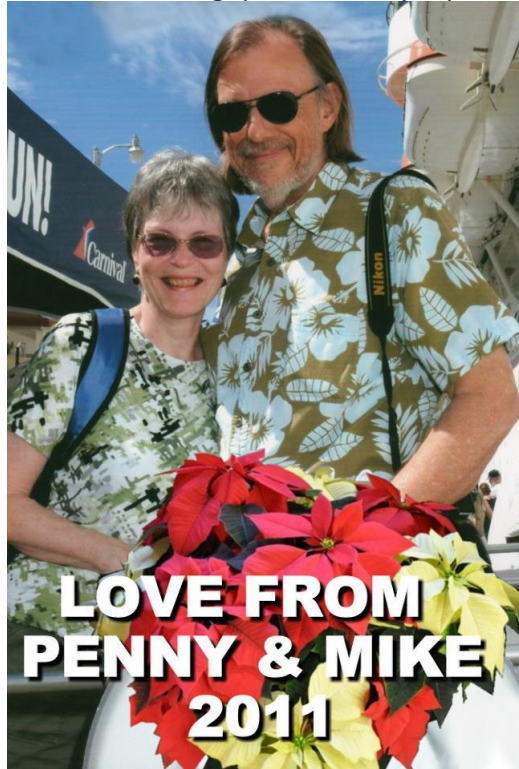
2011 12-23, 1519 - WINTER WONDERLAND - Mother Nature gave a gift of a few inches of snow early this morning, just in time for the holidays and the tourists. It is a time when all of us can be children as we discover the magic and wonder of life again for the first time.



2011 12-24, 1520 - DIFFERENT POINSETTIA - The UNH experiential greenhouse is developing different varieties of the traditional poinsettia. This time of year is filled with traditions that are always changing, and yet underneath the surface, we are reminded that there is a deeper meaning to life.



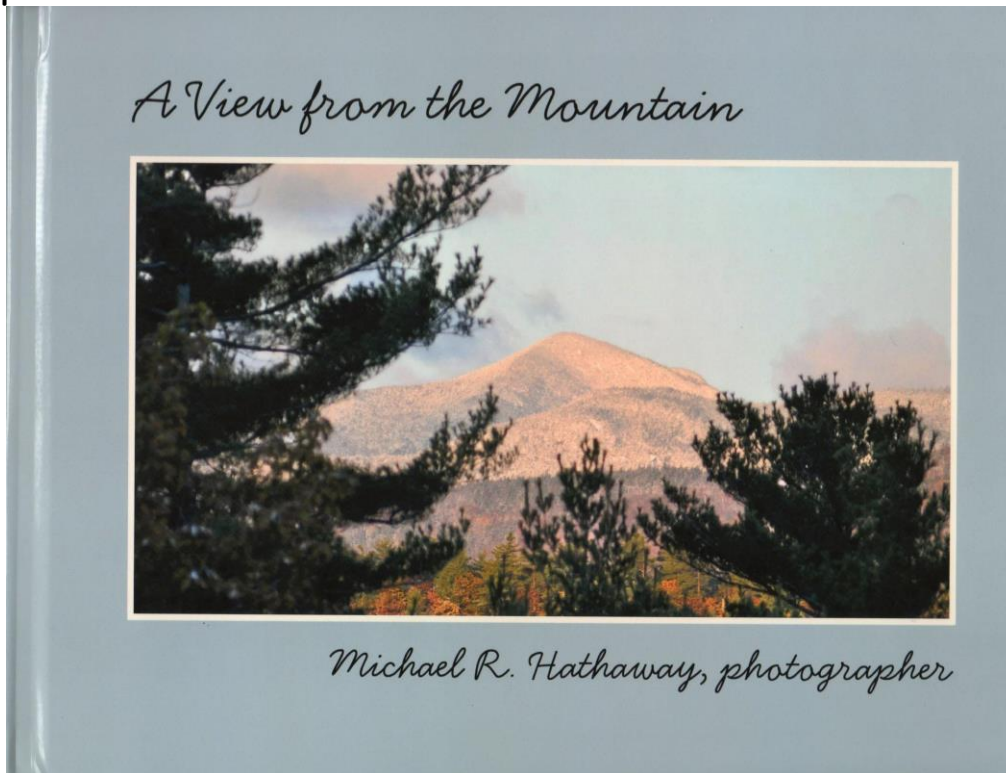
2011 12-25, 1521 - MERRY CHRISTMAS, HAPPY HOLIDAYS, 2011 - Penny and I wish you all Merry Christmas and Happy Holidays. May this day and your year to come be filled with gratitude, peace, love, and a sense of fulfilling your soul's purpose.



2011 12-26, 1522 - RED AND GREEN - Two prominent colors this time of year are red and green. They are winter colors. They can serve to brighten dark days just as spiritual light can brighten our lives. What are your winter colors?



2011 12-27, 1523 - SPECIAL MOMENTS - For Christmas my daughter gave me a book she had made of some of the photos I have used for my podcasts, including some of the words that were used to describe the special moments I have encountered as I wander the trails of life. You are a book of your special moments.



2011 12-28, 1524 - WHO'S IN, WHO'S OUT - I am not as concerned as to who is in or out of the upcoming political primary as I am to who is currently visiting nature behind the Center. The coyotes seem to have had an impact on the turkey population. Who or what will be in or out of your life in 2012?



2011 12-29, 1525 - THE END OF THE WALL - Almost 200 years ago some one or more people put a lot of work into building a portion of a stone wall that is now hidden in the woods. The wall ends, and a pile of stones rests near it waiting patiently to be put to use. What dreams wait for you to start again?



2011 12-30, 1526 - INVESTING IN THE FUTURE - A small grove of young pines is an investment for future years to come. It takes many years for timber to mature and increase in value, probably 15 to 20 years. It takes time and patience as well to invest in our soul's future.



2011 12-31, 1527 - THINNING THE TREES - Part of our forestry plan is to have the trees in the old clear-cut thinned to encourage the more desirable species to grow faster. Now is a great time to do the same as we approach a new year. Think of what is desirable and what is not in your spiritual plan for 2012.

