

**Message from the Mountain**  
**2013**

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**2013 01-01, 1894 EXPECTING-A FABULOUS NEW YEAR** - The burl growing on the side of the tree made it look pregnant. Today, the beginning of a brand new year, perhaps we are finally at a period of time where we can expect that mankind will begin to understand that the basis for life is unconditional love.



**2013 01-02, 1895 - COLD WEATHER** - Life changes in cold weather. I am more aware of what I need to take with me on a hike. The back seat of the truck begins to look like a clothes closet. We hit cold spots in life where it takes more flexibility and planning than at other times. Still there can be special moments in the cold.





**2013 01-03, 1896 - PALE BLUE SKY** - Just before the sun breaks the horizon, the sky appears pale blue. Then it slowly changes to pink, which in turn reflects onto the mountain peaks, creating an alpine glow. Life can flow by, just like the ever-changing sky. It is good to take time and capture a moment.



**2013 01-04, 1897 - ADDING SOME GRIP** - Our neighbor keeps piles of stone along the old road so that he can add some grip when it is slippery going. Without it, it would be easy to slide off to the side and become stuck. Our willingness to believe in a purpose can help add grip to our life when the going seems hazardous.





2013 01-05, 1898 - WORTH THE HIKE - I waded in foot deep snow through the orchard and soon found a snowshoe trail that led towards the clearing. I slowly followed it until I came to the view. It was worth the hike. In life a little effort and the willingness to follow your dream can make the hike worthwhile.



2013 01-06, 1899 - HEAD CLEARING - Looking out at the fog rising from the floor of the valley I was reminded again why a walk in nature is so important to me. When I'm there, I have a chance to rise above the fog in my mind and let the Universe help clear my head. Where do you clear yours?

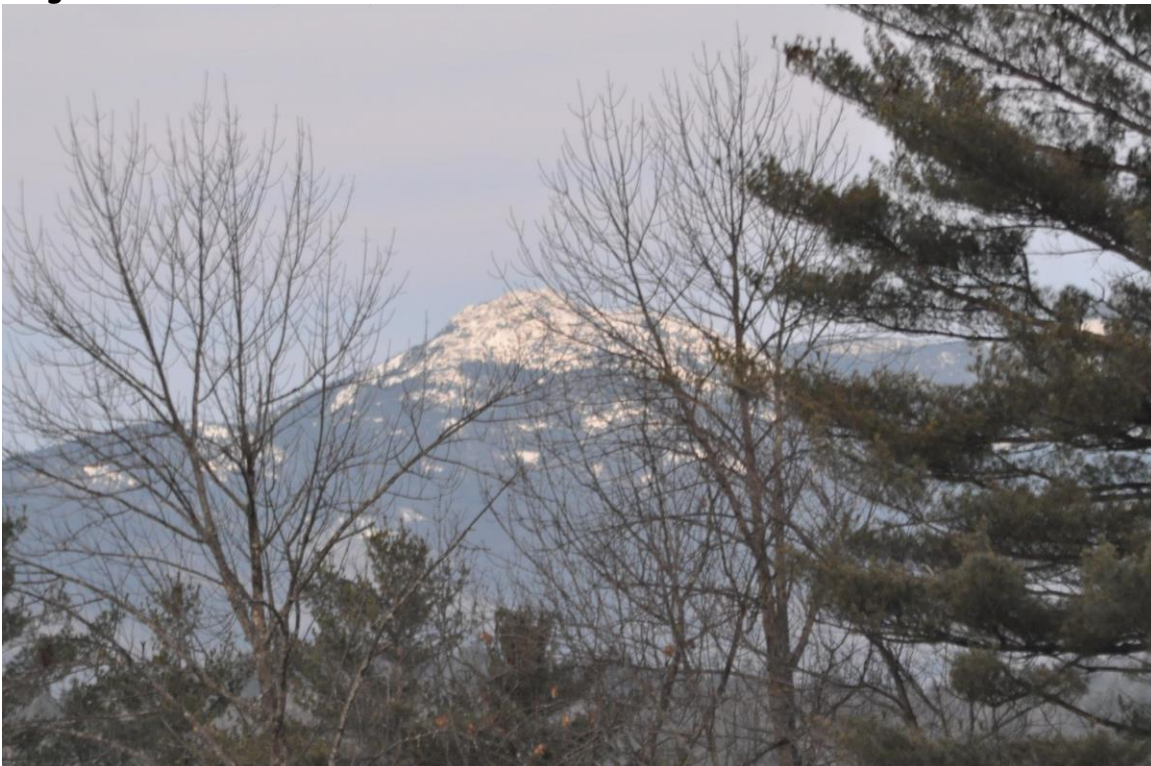




**2013 01-07, 1900 - A LOT GOES INTO A WOODPILE** - A lot of work goes into creating a wood pile. It starts with cutting the tree and then into the right lengths. The wood may need to be split, aged, gathered, piled, and gotten to the stove. Then there comes the warmth. To accomplish something in life, it takes a lot of focus.



**2013 01-08, 1901 - GOOD MORNING WORLD** - The first thing I do when I wake up in the morning is lie still for a moment and give thanks for the day ahead and for all the magic that I soon will encounter. Then I see the beautiful mountains to the West and I repeat again to myself, "Good Morning World".





**2013 01-09, 1902 - WINTER SILHOUETTES** - Icicles hanging from the roof provided a dramatic silhouette as the golden setting sun shone through an opaque window. I was reminded of the ideas that start in our minds as just outlines in silhouette. The next step is to observe them as real forms.



**2013 01-10, 1903 - A PLACE FOR SHELTER** - The hollow at the base of the tree looks as if it would provide excellent shelter for a small animal. It is a place to find protection from harsh weather. One of the best places for me is deep inside my mind, away from the storms of life. There I find support and guidance.





2013 01-11, 1904 - BEAUTY ABOUNDs - No matter where you look this time of year there is something beautiful to see in the snow-covered landscape, if you choose to focus on it. Then again, that is true of almost everything. You can choose to live a life where beauty abounds, if you focus on it.



2013 01-12, 1905 - MONSTER IN THE SHADOWS - My mind was suddenly pulled back to reality, and my heart skipped a beat as I became aware of a large canine-shaped figure staring at me from the shadows. Its ears were pinned back as if ready to attack. When I looked closer, I realized that it was an old log.





**2013 01-13, 1906 - BONES OF A TREE** - I could see in the old dead tree the sockets where branches had formally been connected to its trunk. It had good bones that once stood strong and tall against the elements of nature. Our soul is our trunk and the sockets our lives are our nourishment, our spirit.



**2013 01-14, 1907 - VISITING AN OLD FRIEND** - Recently I visited an old friend who has made quite a difference in my life. Actually it had only been a week or so since we last visited, but sometimes weeks can slip by into months and years. It may be time for you to connect with an old friend, one who could be either human or spiritual.





**2013 01-15, 1908 - FOGGY ORCHARD** - As we approached the orchard, we saw that it was shrouded in fog. As we entered this mysterious land our imagination was free to soar into the realms of the unknown. We left rejuvenated and grateful, ready for the next mystery as we travel along our soul's path.



**2013 01-16, 1909 - LUNCH ANYONE?** - The woodpecker left a mess after enjoying lunch on the old dead tree. There is plenty of food in the woods for many lunches in the future. Humans rely on two types of nourishment, food for the body, the mind and the spirit. Do you eat a balanced meal?





2013 01-17, 1910 - LIFE ON A LIMB - The old limb is covered with a layer of rich moss that in turn supports many different forms of life. Yet at the same time, if something happened to the limb, lives would be interrupted. Sometimes we feel like we are living life on a limb. What is there to catch you?



2013 01-18, 1911 - DRAGON IN THE LOG PILE - The giant pile of logs has slowly decayed over the years. It has shrunk from quite an imposing mass that has been home to many wild animals over the years, including the giant dragon that silently stands guard. It provides much food for my imagination.





2013 01-19, 1912 - CLOUD SUMMIT - The clouds converged together to form a summit of different colors and shapes, creating an illusion that looked like the mountains they were blocking from sight. The convergence of ideas in our minds come from different sources, including the Source.



2013 01-20, 1913 - NATURE'S PASTRY - The coating of snow on the old millstone reminded me of a raised doughnut covered with a sweet frosting. Nature provides sweet morsels for the mind if we take the time to taste the beauty that exists around us.





**2013 01-21, 1914 - CORNERSTONES** - I imagine that the settlers of the land between 150-200 years ago gave a lot of thought to the large rocks they chose when building the corners of the stone walls that follow the boundary lines. Belief in a purpose is a cornerstone for giving us reason to succeed.



**2013 01-22, 1915 - POINTING THE WAY** - The boulder resting silently at the edge of the clearing seems to be pointing the way to the mystical bridge across the valley. We have several other boulders that point in the same direction. Signs in life often come in multiples, offering us more than one chance to find our way.





**2013 01-23, 1916 - WARM LIGHT IN THE COLD** - The late afternoon sun cast a beam of light on the old stonewall, and, despite the cold temperatures, I could almost feel the warmth in my mind. When our hearts feel the cold chill of life, a beam of spiritual light can help us feel the warmth of love and gratitude.



**2013 01-24, 1917 - COLD ENOUGH TO MAKE THE LEAVES SHIVER** - As I walked through the frozen landscape I could almost hear the remaining old dead leaves on the beech tree shivering. The hike filled my heart full of gratitude that I would soon be able to return to the warmth of my home.





**2013 01-25, 1918 - ICY RIBBON** - The water in the little brook that flows down the mountainside has frozen into a ribbon of ice. Yet, when you approach it, you can hear moving water below the hard shell. Remember that when your conscious thoughts "freeze", your unconscious mind is still flowing.



**2013 01-26, 1919 - BOOT CAMP** - All of our boots lined up in the back entry reminded me of a group of people ready for a winter intensive. Actually they all belong to my wife and me. Many people think of life as a boot camp that is constantly full of struggles. Life boot camp can also be an incredible adventure.





**2013 01-27, 1920 - BOWTIE IN THE SKY** - Returning from my walk I glanced up at the sky and saw a cloud twisted in a way that looked like a bowtie. I often marvel at the shapes of the clouds. My mind can create fascinating images in what I see. Nature provides us with so many adventures.



**2013 01-28, 1921- CAN YOU HEAR THE MUSIC?** - Can you hear the music? Several people have remarked lately that they are waking up in the night and hearing carnival music. What does this mean? Where does it come from? Have you experienced something similar? Just another mystery for us to ponder.





**2013 01-29, 1922 - WEATHER COMING IN** - I could see the storm approaching from the west as it slowly covered the distant mountains with snow filled clouds. Soon my world would shrink to the landscape around me. It gives me a different perspective of life.



**2013 01-30, 1923 - FACES IN THE ICE** - The light dusting of snow on the frozen ice ripples brought out many faces that were hidden from view. Each face will have a different meaning to each person that sees it. We all perceive differently. The trick is to understand that as we journey through life.





**2013 01-31, 1924 - HIDDEN IN THE FOG - The mountains that I have grown to love disappeared from view in the thick fog. When we are stuck in a spiritual fog in life, it is easy to forget the greater view that lies beyond the thoughts that fill our minds.**





**2013 02-01, 1925 - WATER AND ICE** - Water rushed down the mountainside flowing over and under the ice in the brook. When positive and negative thoughts are taped to containers of water and frozen, the ice crystals show the effects of the thoughts. Maybe the positive thoughts here will make a difference in the oceans beyond.



**2013 02-02, 1926 - EARLY SPRING** - The groundhog has predicted an early spring. The mountainside has just a thin cover of snow. Still, I know conditions in nature, as conditions in all of life, can change in a flash. Sometimes our expectations get in the way of appreciating each day, regardless of the season.





**2013 02-03, 1927 - ICE CRYSTALS** - The ice crystals protruding out of the ground look much like their distant quartz crystal relatives that provide much of the energy the mountain exudes. I believe the ice crystals are projecting the positive energy of those that walk the land to the world beyond.



**2013 02-04, 1928 - MAKING A STATEMENT** - Nature is making a statement. It has planted its spear and drawn the battle lines. It is in control. Maybe it's time to work with the elements rather than fight them. Maybe it's time to respect the earth and show it love and gratitude.





2013 02-05, 1929 - GOOD DAY FOR A RIDE - I took the "Cat" for a ride the other day to the top of the mountain, something that I would not normally do this time of year. I thought back to when we used to drive the road where we now live and imagine being here. Dreams are rides in your mind that can come true.



2013 02-06, 1930 - STONE WHOOPIE PIES - The small boulder split horizontally many years ago and now looks like a giant stone whoopie pie. It is another example of how nature stimulates my imagination for looking at life from more than one view.





**2013 02-07, 1931 - WINDOWS** - I found myself looking through the window in a hollow tree and letting my mind visit the world beyond. Windows of the mind provide magic openings to the unconscious Universe that exists beyond.



**2013 02-08, 1932 - WAITING SILENTLY** - The benches wait silently in the woods watching the seasons come and go. Soon they will be covered with snow and perhaps disappear from sight for a time. Still, I know they are there, and I visit them from time to time in my mind. We all have a bench that waits silently.





2013 02-09, 1933 - BURIED - A winter storm, the worst in several years, has left the New England area buried under a new blanket of white. It will take time to dig out, but soon the warmer winds of spring will blow and we will emerge from our hibernation.



2013 02-10, 1934 - THE STORM HAS PASSED - The storm has passed and we are left with nearly two feet of pristine snow. The land is beautiful and the sunset was spectacular. It is a day to discover life again for the first time.





2013 02-11, 1935 - BRANCHING OUT - When we first cleared the land, the trees we left for shade were tall and skinny. After a few years they grew branches that in the summer provide a canopy of leaves. Ideas and positive actions often begin the same way, and as they see the light of day, they branch out to affect many.



2013 02-12, 1936 - PORTALS - The hole in the clouds ringed in brilliant gold looked like a portal into which one could journey to the far corners of the Universe. Perhaps it is for brave souls that dare to venture inward. We all have a portal through our unconscious mind that connects us to all.





**2013 02-13, 1937 - IF WALLS COULD TALK** - I wonder, if the old stonewalls on the land could talk, what they would say. I'll bet there are stories to be told. Wherever you are, there may be old buildings, stonewalls, or grounds that hold secrets of the past. All it takes is a little time and imagination.



**2013 02-14, 1938 - A HEART FROM HEAVEN** - Searching my head for the right topic for Valentine's Day I opened the file of recent photos in my camera. There in the first shot was a heart in the clouds. Perfect! We are constantly surrounded by love from heaven.





**2013 02-15, 1939 - WINTER AFTERNOONS** - Winter afternoons can be quite pleasant this time of year in the mountains. The sun feels warm on my face as I approach the orchard. It is a time to dream and reflect away from the world's hustle and bustle. It is good to give the mind a break.



**2013 02-16, 1940 - BALANCE** - I look for the balance of a picture when I snap the shutter. It is the balance I find in nature that reminds me of the importance of balance in all aspects of life. I start the day being grateful for being given mental, spiritual, physical, and emotional balance.





**2013 02-17, 1941 - SPOOKY ENCOUNTERS** - All of a sudden I became aware that I was being watched by a ghostly set of eyes. It was a spooky encounter, one I was not expecting. We can have spooky encounters in life all the time. They could happen anywhere when you experience something suddenly and perhaps inexplicably.



**2013 02-18, 1942 - WINDY NIGHTS** - Windy nights here in the mountains can cause restless sleep. There is something about the wind that is unsettling. One worries about the loss of power or, worse yet, fire; especially true when we burned wood. I focus on being grateful that soon the winds will subside.





**2013 02-19, 1943 - SPIRIT OPENINGS** - I have been told that Native Americans used to build their stonewalls with openings for spirits to pass through. Many believe that the land at the Center has been a place for spirits to gather and pass on through to the Other Side. Does your wall have an opening for connecting to what guides you?



**2013 02-20, 1944 - BENEFITS OF SHARING** - Our intention was to walk the old road, but when we reached the parking area we discovered that snowshoes had packed down a trail we could hike all the way to the summit. What a surprise! It is one of several benefits we get from sharing the land.





**2013 02-21, 1945 - TAPPING THE UNSEEN** - The maple sap is running here in the foothills of the White Mountains. I wonder who first discovered this unseen delicacy. Then again, animals know when it begins to flow. Woodpeckers can sense the unseen bugs in trees. Have you tapped into the unseen that is there to guide you?



**2013 02-22, 1946 - FOLLOWING THE ROAD** - As I walk the old road I wonder who has followed this path from the time it was created. I think about the road my life has followed and where it will lead from here. Then I wonder about the road my soul has followed in its journey through time.





**2013 02-23, 1947 - A SENSE OF AWE** - Every time I walk out into the view at the top of the clearing I am filled with a sense of awe and deep gratitude for the incredible opportunity to stand in the magnificent presence of the majestic mountains that expand before me. Where do you get a sense of awe?



**2013 02-24, 1948 - FRESH COATING** - There is a fresh coating of snow that sticks to the smallest of twigs on the old maple tree. It is a day of magic, contemplation, dreaming, and gratitude, whether you are happy with the snow, or happy that spring is not far away.





**2013 02-25, 1949 - PROTECTING THE INVESTMENT** - The fresh snow coated the lids on the sap buckets. The precious maple sap collecting inside was protected from the elements. It was a wise decision that will pay dividends when the harvest is over. It is also wise to protect the investment in our soul's journey by honoring your purpose.



**2013 02-26, 1950 - THE FILLING IN A STORM SANDWICH** - In between two major snow storms sweeping across the foothills here in the mountains is a day filled with sunshine, warmth, and beauty. Many will not "taste" this filling because they are focused on the next storm. Life has many beautiful moments to experience.





2013 02-27, 1951 - THE STANDOFF - I reached for my camera when a flash of movement caught my eye. I found myself in a standoff with a red squirrel. We studied each other for a moment in time before it decided to escape. It reminded me that we have standoffs all the time within our own minds.



2013 02-28, 1952 - NOT ALL BLACK AND WHITE - The beautiful morning landscape covered in a fresh coating of snow first appears to be a study in black and white. Looking deeper I begin to see the browns of the old beech leaves still clinging to the trees. When you think life is just black and white, look a little deeper.





**2013 03-01, 1953 - KIDS OF ALL AGES** - Nature has a way of bringing the kid out in all of us. Sometimes I am skipping in my mind as I walk the trails. The fresh sticky snow provided an excellent opportunity for kids of all ages to romp and play and build snowmen and snowwomen. I am just a kid.



**2013 03-02, 1954 - HEAVY LOAD** - The wet heavy snow weighed down the branches of the trees creating a magical landscape. The trees that carried the load best were those whose branches bent under the weight until the sun helped melt the snow away. Spiritual light does the same for us.





**2013 03-03, 1955 - GROWING TOGETHER** - The grove of birch trees, all the same size, has grown up together. If they were cut and some left, the ones left would soon die. Because they pushed upward to the sunlight they have no lower limbs and do not grow them after they have matured.

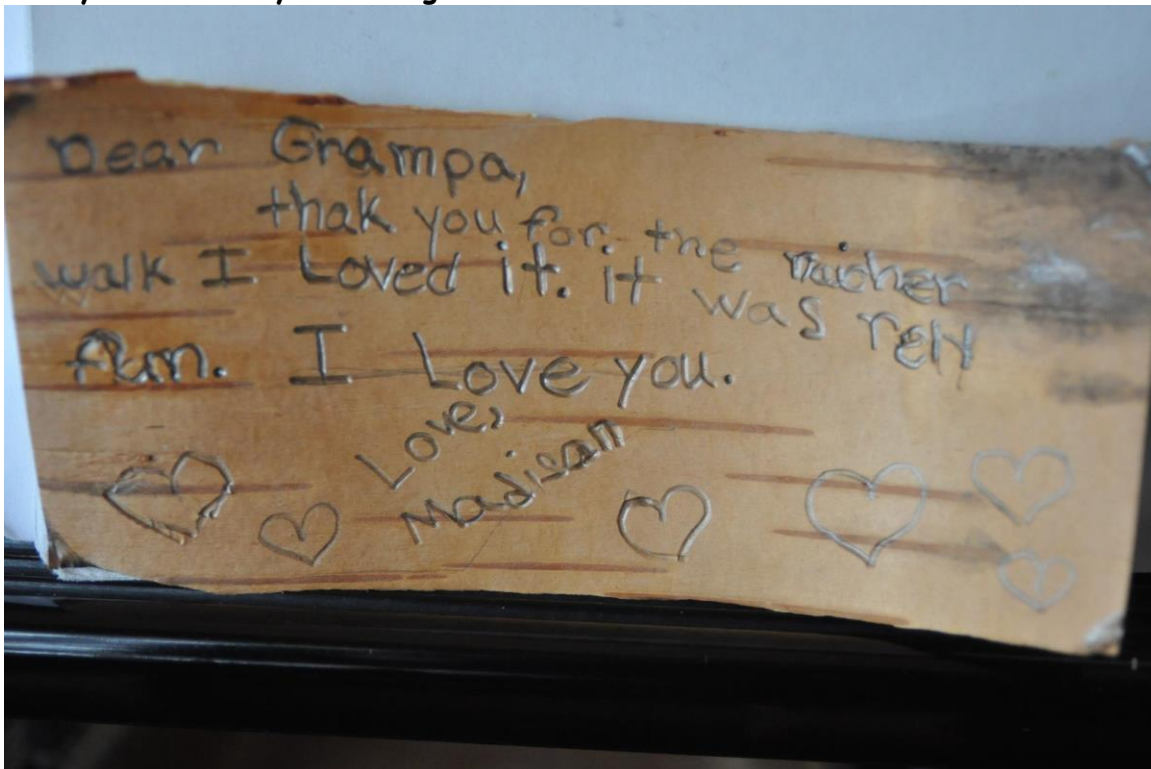


**2013 03-04, 1956 - MORE OF THE SAME** - We are stuck in a weather pattern of cloudy and sometimes snowy weather. We wait patiently for the sun to return. Yet when I pay attention to the melting snow and approaching spring there is movement every day. The same thing is true in life.





2013 03-05, 1957 - PASSING ON THE LOVE OF NATURE - Note from granddaughter on piece of birch bark she found on a recent walk: "Dear Grampa, Thank you for the nature walk. I loved it. It was really fun. I love you". Enough said!



2013 03-06, 1958 - FRESH SNOW AND OPEN WATER - There is something about fresh snow and open water that brings out the imagination in the child in me. I wonder what distant oceans my little steam will eventually flow into. I am surrounded with beauty, and gratitude like the open water flows from my heart.





**2013 03-07, 1959 - SURVEYING THE SITUATION** - A chipmunk perched silently and very still on top of the old mill wheel surveying the situation as the day unfolded. It was getting its "spring legs" after a long winter. Nature provides me the opportunity to survey the situations unfolding in my soul's journey.



**2013 03-08, 1960 - MYSTICAL MOUNTAIN** - The mountain behind where we live, and in fact the whole area, has a mystical presence. It seems as if we all have been brought here for some yet undiscovered purpose. Then again, perhaps there is a mystical mountain in your mind calling to you where you are.

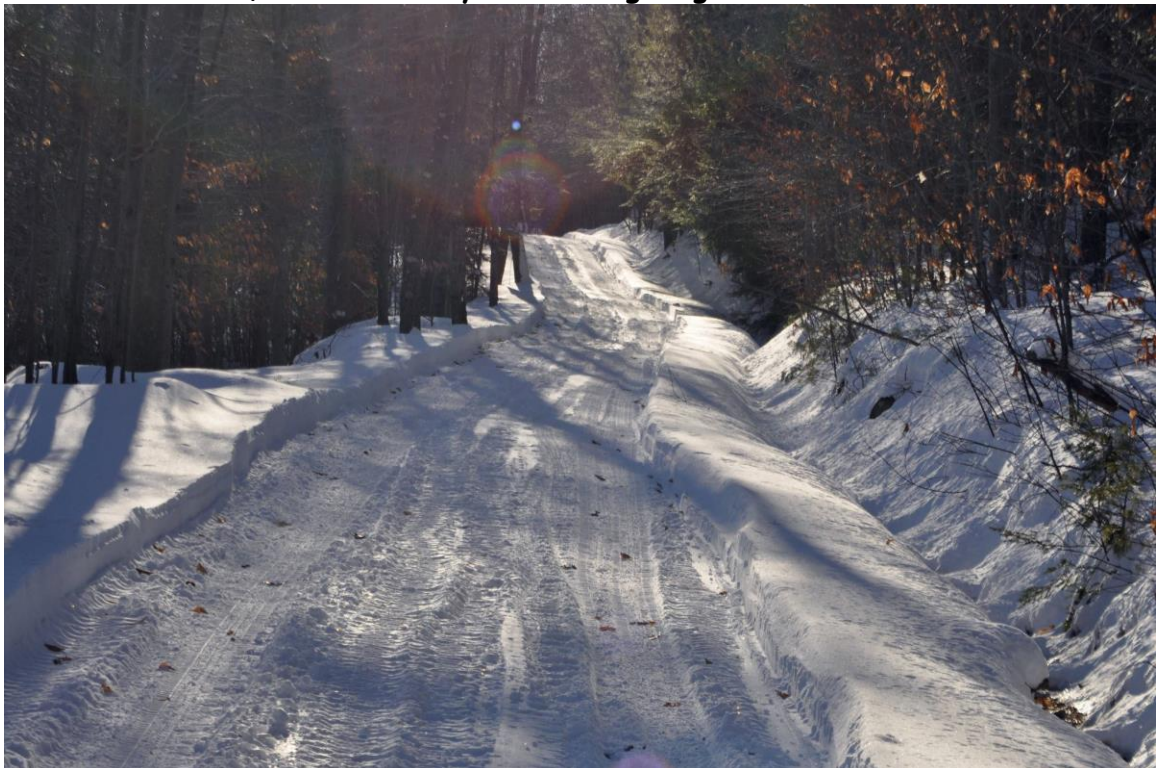




**2013 03-09, 1961 - BEING FLEXIBLE** - The small hemlock showed its flexibility as its tip was frozen into the snow creating a big bend in its trunk. Children also have the ability to bend in ways adults cannot. We can always be flexible in our minds when we consult with the spiritual wisdom that goes with us.



**2013 03-10, 1962 - CONSTANTLY CHANGING** - The conditions of the old road are constantly changing this time of year. It could be covered with snow, frozen ice or filled with muddy ruts. No matter what the conditions, there is always something magical to see. The same is true with life.





**2013 03-11, 1963 - HEMLOCK GROVE** - The Ledge Trail wanders through a grove of hemlock trees. In the summer the walk is quiet, shaded from the sun and the elements. In the winter it provides shelter for man and animals alike. It is always present in my mind.



**2013 03-12, 1964 - ANOTHER USE FOR BLUE TARPS** - Everywhere you look here in the mountains you will see blue tarps dotting the landscape, covering up treasures too large to bring inside. I recently found a bird's nest with strands of blue tarp woven in with grass and pine needles. Pretty ingenious birds.





**2013 03-13, 1965 - ON THE LOOKOUT** - The large burls facing in different directions give the appearance that they are on the lookout, standing watch over the forest. I believe that we all have something looking out for us, and I accept their watchful eye as I wonder my soul's path.



**2013 03-14, 1966 - TATTERED EDGES** -The edges of the peeling birch bark were tattered by the force of the wind. In a way it is a good thing as the bark is giving way to new growth. People get tattered by the winds of life, and when this happens, they have the opportunity to spiritually grow if they choose.





**2013 03-15, 1967 - IN TRANSITION** - The birch tree's old bark has peeled away in places and the transition to the new white bark is in the process as the tree continues to grow. As we grow we are continually shedding the skin of our old beliefs as we transition to the new.



**2013 03-16, 1968 - IN A BIND** - The limb on the beech tree has grown itself into a bind. Searching for light it wound up growing up against its main trunk and then divided into a V so it is now in a bind. We can grow ourselves into a bind, but fortunately we always have the option to make a change if we choose to do so.





**2013 03-17, 1969 - LOOKING FOR THE GREEN** - On Saint Patrick's Day there is green everywhere. It is also the time of year when we look for the fresh green growth in nature that helps confirm that spring is near. It is a time to celebrate on many different levels.



**2013 03-18, 1970 - TEXTURES** - The bark on the tree has many different textures. That is what makes it so unique. People are like the texture on the bark. Every person has a different texture. It is our willingness to blend our differences together that creates a beautiful fabric to life.





**2013 03-19, 1971 - RACING AHEAD OF THE STORM** - We headed back North after ten days on the road with the forecast of approaching snow on our minds. Racing ahead of the storm, we arrived safely at our destination. It is always important to pay attention to the signs we observe in life, not just the weather.



**2013 03-20, 1972 - SPRING TEASER** - Today, the first day of spring, we have a fresh foot of snow on the ground. I am reminded of the picture I took last week in Virginia Beach with pink flowers in full bloom. It gives me something to anticipate as I also anticipate that 2013 will be a year of spreading positive energy.





**2013 03-21, 1973 - HOGGING THE SPOTLIGHT** - Winter sometimes does not know when to get off the stage. It is still taking bows and hogging the spotlight! In life we often have old thoughts that are not in season any more but insist on still being in the spotlight. Now is the time to plant the seeds of change.



**2013 03-22, 1974 - CHANGING MY FOCUS** - Today I have decided to change my focus from winter to spring. The view of sunrise at the ocean lingers in my mind. I shall feel the warmth of the sun on a cold day. I will feel gratitude for the changing seasons. I am constantly changing my focus from negative to positive.

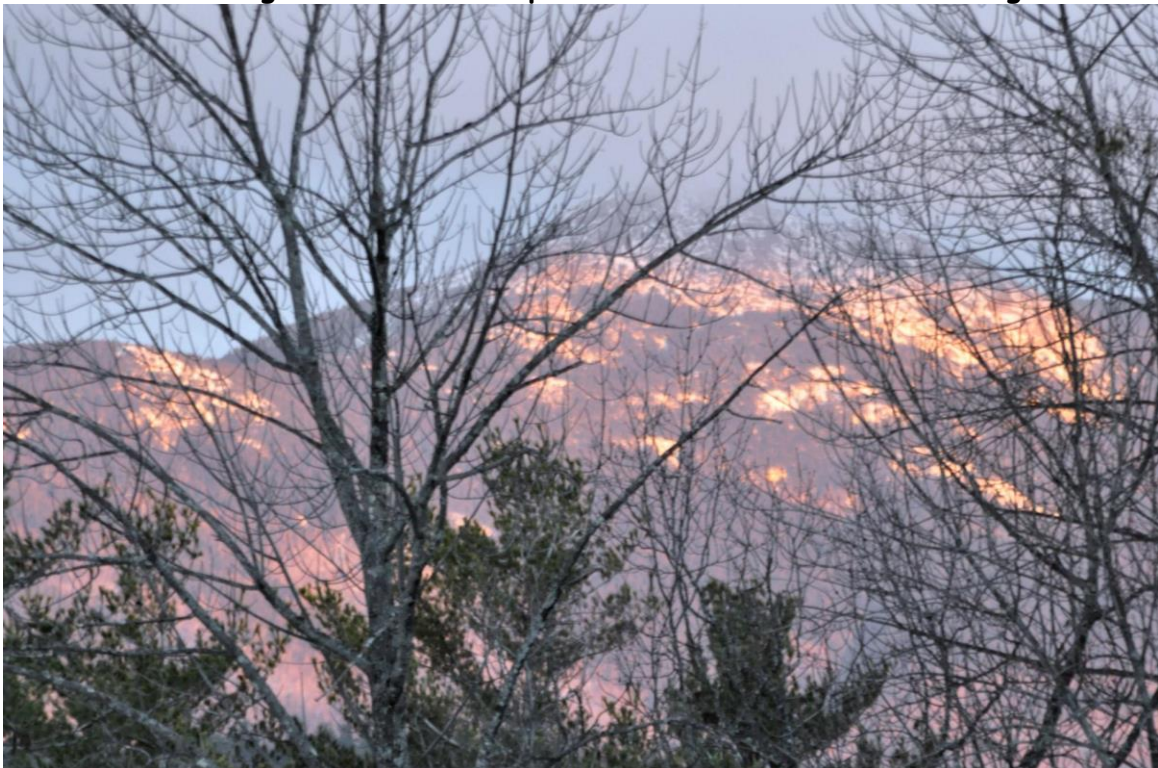




**2013 03-23, 1975 - PRECIOUS MOMENTS** - The setting sun caught my eye as I watched the evening news, so I hurried outside to capture with my camera the precious moment that was unfolding in front of me. I have done this many times, but each time is a precious moment. Life has many of them.



**2013 03-24, 1976 - COFFEE WITH A GLOW** - The timing was right this morning for me to enjoy a fresh brewed cup of coffee while taking in the alpine glow as it illuminated the mountain range to the west. I was filled with gratitude for this place and look forward to the magic of the day.





**2013 03-25, 1977 - MATCHED PAIR** - I have heard that Canadian geese mate for life. They are a matched pair. Humans keep looking for a compatible mate as they swim the waters of life. You are never alone, as the match may be on This Side or the Other Side and is always working with you.



**2013 03-26, 1978 - STILL SOME WINTER** - On a nice spring day with temperatures in the low 40s we hiked to the top of the mountain and found winter. The snow still almost covered the bench in the clearing. Resistance in life is not like the change of seasons. It is working with us.

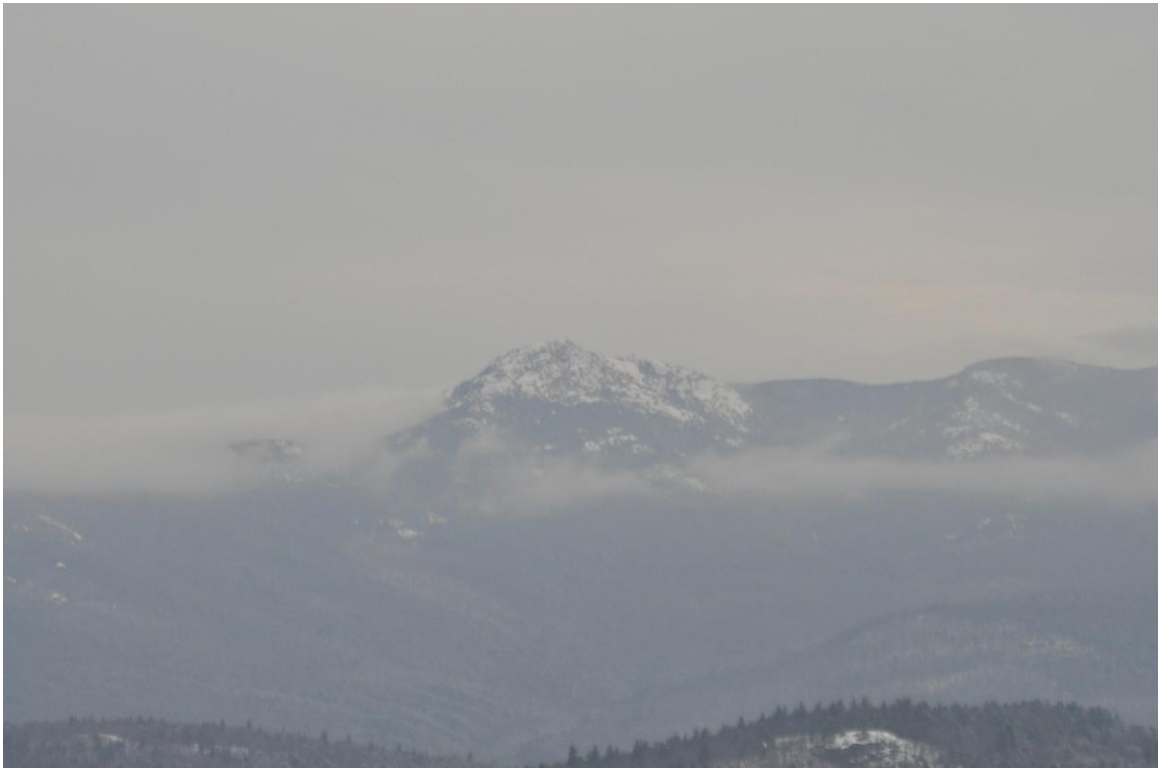




2013 03-27, 1979 - YOU ARE GETTING SLEEPY - The Morning Dove took a little afternoon snooze on the bird feeder outside our window. Still, it was half awake and aware of its surroundings. People live in trances where they are still aware but often consumed with worries, rather than positive images of gratitude.



2013 03-28, 1980 - THE MOUNTAIN - Many years ago the mountain called to us. We bought land and built facing its majestic beauty. I still feel in awe today of this ancient giant that bridges the expanse between the world below and the Universe above. We all have a mountain calling to us.





**2013 03-29, 1981 - LOOKING TO THE SKY** - Have you looked up recently? Perhaps it is just my becoming aware, but the skies have been absolutely breathtaking lately. Whether sunrises, sunsets, or mid-day, there is always something unique to marvel at. I wonder how many people miss the show.



**2013 03-30, 1982 - THE SEASON OF IN-BETWEEN** - The transition of evening sunset into darkness reminded me that we are in a season of in-between. Winter and spring clash on a daily basis. Soon nature will usher us into the next stage of the year. We have seasons of in-between in life as the Universe prepares us for the next.





2013 03-31, 1983 - SEARCHING FOR THE LIGHT - The plants and the buds on the trees are pushing upwards and outwards searching for the light to help them continue to grow. I am constantly searching for the light of knowledge to help me grow as I travel my soul's path.





**2013 04-01, 1984 - APRIL FOOLED AGAIN** - It's been a while since I have been the butt of an April fools' joke, but nature played one on us here in the mountains this morning. I got up and looked out at a fresh coating of white snow on the ground. It is a great lesson for life itself. Expect the unexpected.



**2013 04-02, 1985 - MUD REPORT** - It is mud season here in the mountains - time to be careful where you step or drive. There is nothing quite like being stuck in the mud. It takes patience (and often a helping hand) to break free. Then again, it takes patience and your inner guidance when you feel stuck in life.





**2013 04-03, 1986 - APRIL WINTER WALK** - The sky was bright and the wind was cold as we embarked on an April winter walk. Often this time of year the ground is bare, but we were able to glide effortlessly over the crust of the frozen snow. It was a walk of gratitude.



**2013 04-04, 1987 - CONTEMPLATING NATURE** - I am always looking for something to contemplate when I venture into nature. Sometimes I focus on something very small and sometimes very grand. Whatever it is, it gets my heart beating, fueled by waves of grateful energy. That is good for the day.





**2013 04-05, 1988 - APRIL SNOW SHOWERS** - I watched the band of April showers drift north across the mountains to the west. The old rhyme "April showers bring May flowers" played in my head. True, except these were snow showers, evidence that winter still controlled spring with its icy hand.



**2013 04-06, 1989 - NO TURNING BACK** - I found the proof! The buds on the small beeches are swelling. Spring is advancing, and there is no turning back. Even when it seemed we were standing still, we were actually moving forward. The same applies to our soul's journey.





2013 04-07, 1990 - THE NORTH WIND - I could hear its howl as I approached the clearing. I quietly moved to where I could get a view of the mountains, and there it was. The culprit! I actually saw the North Wind spreading its icy breath across the valley and keeping spring at bay.



2013 04-08, 1991 - LET ME OUT - We could hear a familiar sound except something was different. Usually it was wooden; this time it was metallic. A woodpecker at the aquarium was tapping, "Let me out!" Your mind has no cage.





**2013 04-09, 1992 - BENT LIKE A PRETZEL** - The tree had been bent like a pretzel many years before, the result of a severe ice storm. Yet it continued to grow. Many of us have bodies that are bent like pretzels, yet we have the opportunity while we are here on this planet to grow in many productive ways.



**2013 04-10, 1993 - THE ROAR OF CHANGE** - The little brook that flows down the mountainside is filled to overflowing with the spring melt. It is the roar of change. Many of us are hearing or feeling the roar of change taking place as we open to the peaceful power of change taking place in the Universe.

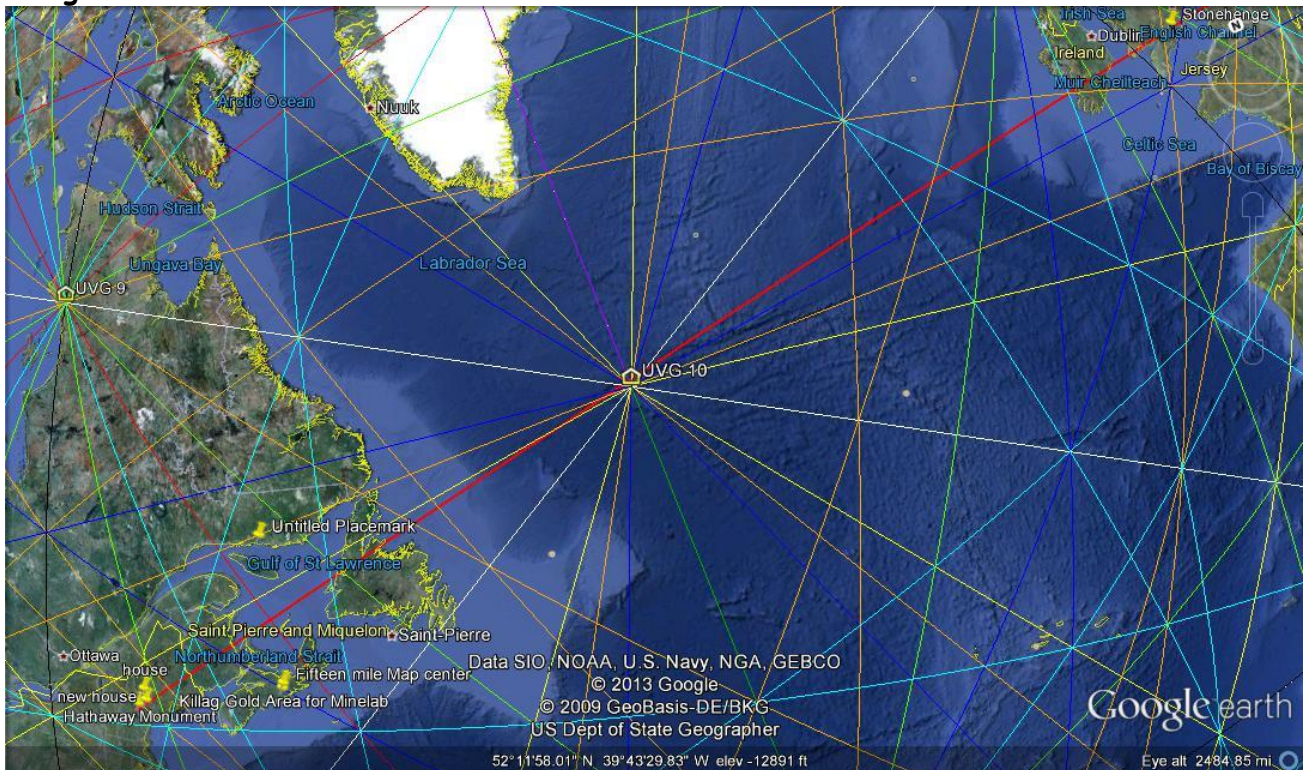




**2013 04-11, 1994 - NATURE'S GARGOYLES** - Part of my enjoyment in walking in nature is to look for the uncommon. There are many different faces on the trees in the forest to be found if we take the time to look for them. They remind me of how there is a meaning to everything in life.



**2013 04-12, 1995 - ANCIENT CONNECTIONS** - A good friend recently connected some dots that may shed light on why people are attracted to this beautiful area. He found that there is a direct ley line running from the mountain to an intersection of lines in the ocean and on through Stonehenge. Is there an ancient connection?





**2013 04-13, 1996 - ARCHWAYS** - An archway was formed several years ago when the tree was bent under the weight of ice and snow. The tree continued to grow, and it reminds me of the opening I enter into my mind when I walk in nature. We are all archways for the wisdoms of the Universe.



**2013 04-14, 1997 - COURAGE** - It must take a lot of courage to be a daffodil. They poke their heads out of the ground early in the spring, only to get bombarded by the elements; yet they do it year after year. Then again, there are people with amazing courage that continue to seek spiritual light despite the odds against them.





**2013 04-15, 1998 - HEROES** - The crocus is one of my spring heroes. It is the first to push its way upwards out of the ground reaching for the sky because that is what it does. I have many heroes in my life, ordinary people doing un-ordinary things out of the goodness of their hearts.



**2013 04-16, 1999 - BARELY SEEN** - The large turkeys glide through the woods, often going unnoticed. Their coloring is such that they can barely be seen this time of year. We have many elements that exist around us that are often barely seen unless we remind ourselves to keep watch.





**2013 04-17, 2000 - LOVE AFFAIR WITH NATURE** - This is Podcast #2000! For over five years I have had the opportunity to connect with nature through this podcast and receive knowledge and wisdoms far beyond my expectations. With the incredible help of my wife, our love affair with nature continues.



**2013 04-18, 2001 - ALMOST GONE** - The snow is almost gone up on the trails. It won't be long now before we can hike without our winter boots. Still, it takes patience to let spring take its natural course. Life takes patience as we gradually make lasting changes for the better.





**2013 04-19, 2002 - VANTAGE POINTS** - From the top of the mountain I have a great vantage point where I can watch the changes in the seasons take place across the valley and beyond. It is also a place to get a view of life itself. Your vantage point can be wherever you can view the world around you and see the whole.



**2013 04-20, 2003 - CONNECTED** - When our friend Dr. Ysabel Reyes, a gifted medical doctor and psychic medium, visited us with her family, she paused for a moment to meditate in the clearing on top of the land. One could tell how connected to the earth and the Universe she was. So are we all.





**2013 04-21, 2004 - MOVING SLOW** - Spring is moving slow this year. The crocuses are still in bloom. Even though we look forward to warmer weather, there are a lot of benefits to moving slow. It is easier to see what you want to accomplish on the trails. The same is true when you move slowly in life.



**2013 04-22, 2005 - HONORING THE EARTH** - Earth Day, a time to honor the environment. It is a day to reflect on the past and plan future acts of kindness for the earth. It is important to deal with all types of pollution. That includes being aware of the negative thoughts you release into the environment.





**2013 04-23, 2006 - MORE SIGNS, FIRST DAFFODILS** - We are getting more signs that spring is definitely progressing here in the mountains. The first daffodils are now in bloom. I look for signs every day, not only in nature but also signs in my life to help show me I'm on the right path.



**2013 04-24, 2007 - SOFT WALKS** - The walk was a soft one. The ground, having thawed from the winter and the leaves now moist with the overnight rain, provided a soft cushion for my feet that in turn helped soften my mind for the events yet to come. I was One with Nature and the Universe.





**2013 04-25, 2008 - STOPPING TO TIE MY BOOTS** - The tie on one of my boots always seems to loosen up when I go for a walk. Sometimes I just put up with it. Yesterday I stopped to retie it and discovered a beautiful miniature scene right "under my feet". I was grateful that my boot was an agitation.

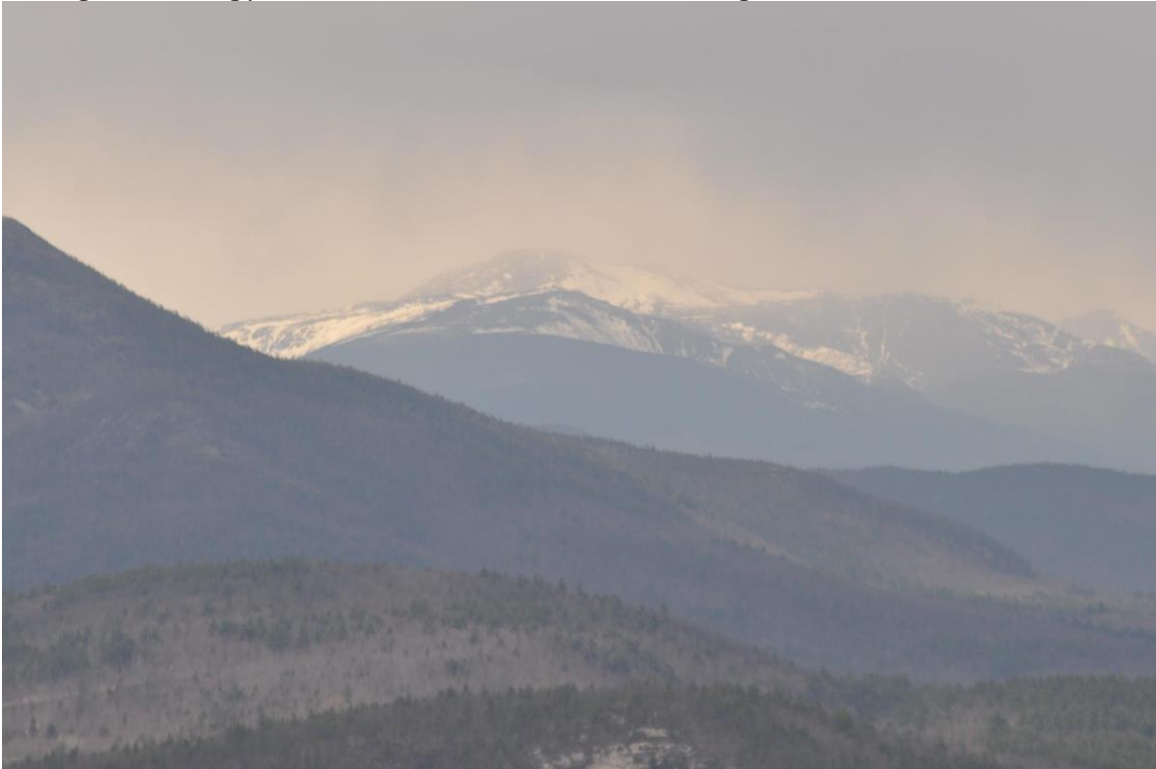


**2013 04-26, 2009 - FURTHER EVIDENCE** - I have found further evidence that we are really on the right track for spring. The lupines are beginning to come up in the field on top of the mountain. There is evidence all around me; not only of spring but confirmation that I'm on the track of my soul's journey.





**2013 04-27, 2010 - GRAY ON GRAY** - As I gazed at Mt. Washington yesterday afternoon it reminded me of what people have been telling me lately. Perhaps our systems, like the seasons, are going through an energy shift. I believe it is all for the good.



**2013 04-28, 2011 - SWEET SMELLS** - The sweet smells of spring have finally arrived. I experienced it at the top of the clearing when I stopped at a patch of Mayflowers. What excitement I felt as I enjoyed their sweet smells. There are sweet smells wherever you are if you stop and take a breath.





**2013 04-29, 2012 - MAYFLOWER BOUQUETS** - Yesterday it was the buds. Today it is the beautiful small wildflowers that capture my attention. My wife picked two mayflower bouquets that adorn our dining room table. Nature has provided another special treat. Nature does that all year long.



**2013 04-30, 2013 - BIRCHES** - The grove of young birches has grown up together. They both compete and depend on each other. If most were removed, the others would not survive very long with the forest cleared away around them. Even when you feel alone, you are surrounded by a forest of angels.





**2013 05-01, 2014 - SPRINGTIME IN THE MOUNTAINS** - Springtime in the mountains is teeming with life. The birds and animals are preparing to raise families, and the plants and trees are springing to life. It is a time of renewed optimism. In nature spring comes once a year. In life it can come every day if we choose optimism.



**2013 05-02, 2015 - MAPLE BLOSSOMS** - The blossoms on the maple trees are in full bloom. They are not especially beautiful and for a lot of people signal the beginning of allergy season. Yet the red blossoms in contrast with the deep blue sky and evergreen backdrop are beautiful when one takes the time to be aware.





**2013 05-03, 2016 - FIRST RIDE OF THE SEASON** - Yesterday we drove the Cat to the top of the mountain. It was the first ride of the season and earlier than planned because of dry weather. Many of you have first ride rituals that you look forward to. Remember that each day has a first ride of a new season of life.



**2013 05-04, 2017 - LONG LASTING BOUQUET** - This year the daffodils have lasted far beyond their usual time. They have not been beaten down by rain or snow, as often happens. In life when we feel we are beaten down, we can always reach out to the Universe to refresh our bouquet. You are an everlasting bouquet.





**2013 05-05, 2018 - IT'S A BEAUTIFUL DAY** - The view from the top was incredible. Beauty was everywhere that I looked, including the clouds in the sky. It was a beautiful day! Then again, if I start my morning with gratitude when I first awaken, it is already a beautiful day!



**2013 05-06, 2019 - OLD AND NEW** - The gray of the old dead tree blended with the new maple blossoms to create a beautiful scene that I enjoyed as I sat on the bench in the clearing in the woods. The mountain itself is a blend of the old and the new, both in knowledge and in growth.





**2013 05-07, 2020 - TURNING GREEN** - I was amazed after a few days away to find how much the landscape had turned green. The valley looked vibrant from my view on the mountain. Everything looks fresh. It is also a wonderful time to turn your fresh ideas into reality. It is the season of growing changes.



**2013 05-08, 2021 - WHIRLPOOLS** - While watching the forces of tide water collide against rock on the shoreline, I became aware that I was watching how people often get caught up in thought patterns that draw them into confusion. Mindful awareness can help you navigate around the whirlpools of life.





2013 05-09, 2022 - CHECKING IT OUT - The ferns poked their heads up above the ground, waking from their winter's sleep as if they were checking out the world around them. People do the same thing after a period of being dormant in their lives. Something seems to push them back into their next season of growth.



2013 05-10, 2023 - READY TO POUNCE - I watched a hawk as it perched on the branch of a maple tree, its sharp eyes piercing the underbrush, ready to pounce on its next meal. It reminded me of how we can use our sharp knowing eyes to be ready to pounce on our next opportunity. To succeed in the next step is to leave the branch.





**2013 05-11, 2024 - WAVES OF GRATITUDE** - As I looked out at the waves of spring colors in the landscape, the experience reminded me of how I often feel waves of gratitude as I go about my day. I felt waves of gratitude for the opportunity to observe the beauty of nature.



**2013 05-12, 2025 - GIFT FROM MOTHER NATURE** - The other day my wife was given a beautiful gift from Mother Nature. There, under an old pear tree, down by the stone wall, was a Jack-in-the-Pulpit. In all the years we have owned our property we have never seen one before. With gratitude we now watch over this special gift.





**2013 05-13, 2026 - SPRING BLOOMS** - Almost anywhere you look here in the valley, you can see something in bloom. It is a spectacular time of year. It is inspiring. The landscape is soft and peaceful. It is a special time to feel grateful for the magic of the season. May you bloom today.



**2013 05-14, 2027 - CONSTANTLY AMAZED** - I am constantly amazed at the incredible experiences I have when I venture out into nature. The views of the valley and mountains to the north and west are never the same. Nature has taught me to be aware that life is constantly amazing no matter where you are.





**2013 05-15, 2028 - SWEET SMELLS** - The sweet smells from the blossoms on the apple trees permeate the air in the orchard. It is a time of beauty. Being there can help smooth the stresses of the world away. Wherever you are, when you are stressed, stop and imagine the sweet smells you love.



**2013 05-16, 2029 - STUCK IN THE MUD** - Sometimes one's day does not go as planned, as mine did when I found myself half way up the mountain stuck in the mud. After a couple of days of trying, the vehicle is home safe again. It was a lesson that patience and trust and a positive approach to life can move you forward again.





2013 05-17, 2030 - LADY IN WAITING - The Lady Slipper waits patiently at the edge of the field for the royal court of nature to begin its celebration of spring. It is a ritual that happens time and time again, often going unnoticed. Many people do many positive acts of kindness in life, often going unnoticed.



2013 05-18, 2031 - MULTIPLE LAYERS - The cloud formation hanging low in the approaching sunset sky looked like multiple layers on top of each other with blue sky sandwiched in between. I was reminded of how complex life really is as we exist in multiple layers of reality.





**2013 05-19, 2032 - ORCHARD DREAMS** - As I gazed at the orchard through the evening sunlight and admired the apple trees in full bloom, I realized that dreams do come true. It all started several years ago when the trees were overgrown by the ever-encroaching forest. Work and dreams create apple pies.



**2013 05-20, 2033 - THE MAGIC OF THE SEA** - There is something about the magic of the sea that draws us from the mountains time and time again. Perhaps it's the opportunity to feel the power of the tide's ebb and flow or the open horizon that lets our minds soar out into the vastness of the Universe.





**2013 05-21, 2034 - PINE CANDLES** - The new growth on the tips of the young pines looks like candles placed neatly in a large candelabrum. To me this scene in nature is a symbol of hope that new growth helps light the way for the future as we travel our soul's path.



**2013 05-22, 2035 - DRESSED IN ITS FINEST** - The male Purple Finch appeared at the feeder dressed in its finest plumage, ready to impress the female finches. It is mating season. The intricate pattern of the bird's feathers caught my eye. Often people try to hide their finest qualities rather than display them.





**2013 05-23, 2036 - AH, SWEET LILACS** - The sweet smell of lilacs permeates the air here in the valley. It is only experienced for a short while each year, and as I do not recall smells in my mind, it is important for me to pause and inhale their fragrance. It is a great way to center myself.



**2013 05-24, 2037 - DOUBLE PLEASURE** - The beautiful double lilac is loaded with blossoms. It is such a pleasure to spend a brief moment enjoying the delicate smell. To double the pleasure of the experience I feel gratitude in my heart and then send the energy out to attract more of the same in many different ways.





**2013 05-25, 2038 - STRAWBERRY FIELDS** - Wild strawberries. They are in full bloom, scattered about the grass in the orchard. It takes a lot of effort to harvest this tiny fruit, but well worth it. It reminds me that to harvest our natural talents also can take some effort. The pleasure is in sharing of the harvest.



**2013 05-26, 2039 - WAIT NO MORE MY LADY** - The beautiful Lady Slippers are now in full bloom, holding court in a corner of the orchard. They are dressed in their finest, displaying nature's incredible ability to create. You are also ready to show off the incredible gifts you have been given.





**2013 05-27, 2040 - FREE TO SOAR** - The tiger swallowtail butterfly, resting for a moment in the orchard, is a wonderful symbol of freedom. I am reminded that we are free to soar and reach for our dreams because of the great sacrifices made by our military servicemen and women and their families. Thank you!



**2013 05-28, 2041 - TRUE BLUE** - The true blue forget-me-nots and violets are in full bloom, displaying their intentions to brighten up the landscape. If we each go about offering out true blue intentions each day, we too brighten up the landscape of many other lives for those who choose to notice.





2013 05-29, 2042 - TWO SEASONS - From the clearing at the top of the mountain I can see two different seasons. In the valley below it is early summer while the mountains to the north are in winter. I am reminded that we are the blend of many different abilities from the seasons of our life.



2013 05-30, 2043 - VIEW THROUGH THE WINDOW - As I gazed out the window of our Cape Cod 1960s motel room on the day we celebrated Memorial Day, the scene I witnessed took me back to my early childhood when we paraded flags to the cemetery and placed them on veterans graves. The view gave me hope for the future.





**2013 05-31, 2044 - WATCHING THE CHANGES** - From vantage points on top of the mountain, I can watch changes taking place in the world beyond. The seasons come and go, and there are constant changes to the land. I have also been watching changes in many people who are finding that being positive can be powerful.





**2013 06-01, 2045 - CASTING A WEB** - I watched a white spider casting a web in the morning sun. It had attached the thin silky thread to a lilac blossom and then took a leap of faith, trusting it could climb safely back to where it had started. It is a lesson in trust that when we take a leap of faith in life, there is a way back.



**2013 06-02, 2046 - LITTLE FLOWER, BIG IMPACT** - The small red blossoms of the wild columbine caught my eye in the afternoon sun. It was an unexpected pleasure. The little flower reminds me that people do not always have to do big things in life to make a powerful impact. It is the small positive thoughts and actions that make a big difference.





**2013 06-03, 2047 - FLEETING BEAUTY** - Grateful that a friend has repaired one of my favorite camera lenses, I photographed an Iris in the flower bed blossomed for the first time that morning. By afternoon the heavy rain beat the Iris down. I am grateful to have a record of this precious moment.



**2013 06-04, 2048 - NATURE'S BOUQUETS** - Nature has a way of creating beautiful bouquets that provide much enjoyment for me as I walk the trails. There is always something new to discover. People create beautiful bouquets every time they offer small acts of kindness as simple as a smile or positive words.





**2013 06-05, 2049 - THE EXCITEMENT BUILDS** - The anticipation is building. It started with a dream. Then it was the planting of the seeds, and the waiting for the first signs of life. Next came the first flowers. Now it is the joy of the return and continued growth of the lupines. Then again, isn't that the purpose of life?



**2013 06-06, 2050 - A BIRD'S EYE VIEW** - My eyes followed my ears as I listened to the song of the Purple Finch as it perched high in an old dead pine on top of the mountain. What a view that bird must have had. Then again, that's why I walk on the mountain, to get a bird's eye view of life.





**2013 06-07, 2051 - WAITING GAME** - The pear tree blossomed, the petals dropped, and now the waiting game is on to see how the fruit will turn out. Sometimes we play the waiting game after we have taken positive actions to see how much fruit our efforts produced.



**2013 06-08, 2052 - BLUEBERRY BLOSSOMS** - The high bush blueberries we transplanted many years ago from my father-in-law's garden are finally producing enough blossoms for a good crop of fruit. Of course the birds may get there first. Nature's objective is to produce the fruit, no matter whom or what receives its benefits.





2013 06-09, 2053 - LIFE CHANGING MOMENTS - I recently listened to a friend sing who I hadn't heard for a year or more, and I was impressed and excited by the changes I heard. He had learned how to connect with the "soul" of his music. I asked him about life-changing moments, and he confirmed that when we experience them, life becomes richer.



2013 06-10, 2054 - CLEARING SKIES - The mountains have been spending a lot of time in hiding lately. The abundance of rain has obscured them from my view. When the skies clear, I can see the world beyond again. In my mind's eye, I know that regardless of the weather of life, my sacred connection sees the whole.





2013 06-11, 2055 - LUPINE FESTIVAL - Yesterday I attended a private Lupine Festival. It was just the lupine, the mountains, and me. It was an incredible celebration of gratitude. Each component brought the total picture together. I realized how important it is for me to remember that you and I are so important to the whole.



2013 06-12, 2056 - GREEN ON GREEN - The evening sunlight streamed through the clearing onto the leaves, grass, and ferns, creating a rich mosaic of green on green. Each plant provides its own texture and color that made up the whole scene. Each part had its own role to play. So do you.





**2013 06-13, 2057 - RED CLOVER** - The red clover in the clearing was planted as part of our conservation plan to provide food for wildlife, including deer. The little red flowers add beauty, and if they were not included, an important part would be missing. You are like the red clover.



**2013 06-14, 2058 - FACES IN THE CLOUDS** - The cloud formations to the west caught my attention, and I became aware that I was gazing at the face of an ancient one standing watch in the sky. I took it as a message from the Universe, an affirmation that there is really more to life than what we may perceive.





2013 06-15, 2059 - LIGHT AT THE END OF THE TRAIL - As I walked along the trail under a canopy of green my attention was drawn to the bright patch of sunlight a short distance ahead. My thoughts drifted back to my childhood hikes to the swimming hole from my grandfather's camp in the woods, the treat at the end of the trail.



2013 06-16, 2060 - MAKING A SPLASH - The water in the small stream rushed down the mountainside after the recent rain, drops of water splashing and bouncing off rocks. It was a happy sound, and it caught my attention. Anytime you release happiness into the world, it makes a splash.





**2013 06-17, 2061 - DAISIES** - The simple daisy, a small white wildflower that grows almost anywhere, is a flower that brightens the landscape. You become a daisy when you scatter seeds of positive thoughts and actions.



**2013 06-18, 2062 - CROWN VETCH** - A splash of purple caught my eye as I gazed over the field below. It was a patch of crown vetch. Mixed in with the lupine, daisies, red clover and buttercups it created a rich mosaic. You are a single flower that brings beauty to the landscape of life.





2013 06-19, 2063 - GOING TO SEED - Zeroing in for close-up photos of grass, I observed a plant with a tightly formed head and another that was beginning to go to seed. I became aware that all life grows to seed the next generation of life. My goal is to plant seeds of love, gratitude and positivity as I continue to grow spiritually.

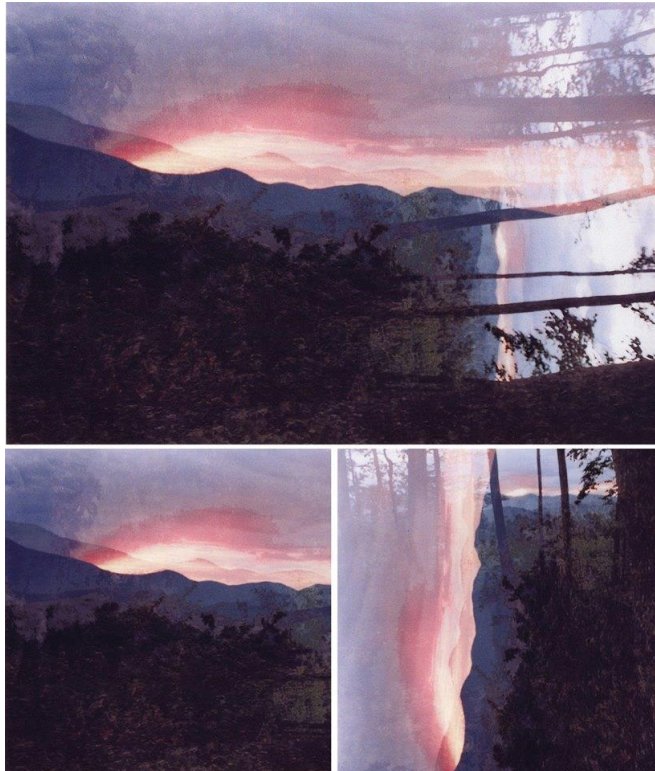


2013 06-20, 2064 - THE BRIDE OF SUMMER - The bride of summer has waited patiently all year to show her splendor as she is ushered into summer. Her beauty captures our attention. She will soon be off for a long honeymoon with the season ahead. May you have a wonderful summer.





**2013 06-21, 2065 - MYSTICAL SIGNS** - On the summer solstice my mind drifts back to a few years ago when a photographer friend, just getting into digital images, found that his camera had taken a triple exposure of a special site on the mountain. Was it mystical energy manipulating the camera?



**2013 06-22, 2066 - ROCKY SHORE** - The rocky shore weathers the storms of nature as it shares its stark beauty with those who walk along the Marginal Way. I watch in awe as the waves break, driven by the incoming tide. There is so much to learn, so much to share, and yet people pass by without even noticing.





2013 06-23, 2067 - EYES OF THE BEHOLDER - I am always watching for signs and symbols as I walk the trails of life. I find them in the clouds, on tree bark, or in the shape of a rock. Even though these images mean something to me, I know they may mean something else to you. We experience life in the different ways we behold it.



2013 06-24, 2068 - PROTECTING HER BROOD - The mother ruffed grouse burst into the air in front of me as her brood scattered into hiding. She landed a short ways away and put on a display drawing my attention away from her family. I think we have something protecting us on our soul's journey in the same way.





**2013 06-25, 2069 - FRECKLE FACE** - The freckled flower face of the foxglove brought a smile to my lips as I imagined freckled faced children romping in the summer sun. It is another way that nature reminds me that there is always a place to smile and play as we travel our soul's path.



**2013 06-26, 2070 - SUMMER SKIES** - I gazed at the summer skies, watching the cloud formations drift by, and my mind floated back to a time in my childhood where I would lay on the grass, look up and dream. Nothing much has changed; I still dream. Now when I come back to reality, the dream continues on.





2013 06-27, 2071 - BLUE FLAG, YELLOW FLAG - This year the little meditation pond at the Center provided a feast of blue and yellow flag blooms. A friend planted them there, and they bring pleasure to all who encounter them. She has provided another way to share the beauty of nature for those in search of serenity.



2013 06-28, 2072 - PORTRAIT IN BLUE - The beautiful flower dressed in its finest blues stood tall as I captured its portrait with my camera. I am reminded that every soul is worthy of a portrait that shows their inner beauty, despite how life has treated them on the outside.





**2013 06-29, 2073 - SWEET FERNS** - The sweet fern is not a fern at all but a shrub that has the ability to grow in poor soil, often in so much abundance that it is considered invasive. Its blossoms go almost unnoticed. Some people like sweet ferns that grow despite living in harsh environments. Sometimes you need to look for their blooms.



**2013 06-30, 2074 - SPITTLEBUGS** - The spittlebug covers itself in a bubbly secretion for protection against predators. Yet it does it in the open. I know a lot of people who try to hide their gifts and abilities, but they are out in the open. What have others admired in your talents that you have been trying to hide?





**2013 07-01, 2075 - WHERE THE FAIRIES LIVE** - The First Annual Fairy Festival at the Center was a resounding success. Children of all ages let their minds roam free for a little while to play with the magical fairies that live in the magical woods. Whenever you allow your mind to roam free in a positive manner, you are in the land where the fairies live.



**2013 07-02, 2076 - BIG BIRD HOUSE** - During the Fairy Festival it was discovered that a pair of nesting birds had decided to choose a big birdhouse to raise their family. That birdhouse turned out to be the little gazebo on the fairy path. I wonder what the children will remember from their close connection to nature.





**2013 07-03, 2077 - DRIFTING CLOUDS** - My thoughts drifted with clouds as they flowed gently through the valley below the mountain peaks in the distance. My focus was on gratitude, and any fears that drifted in were ushered out with love and the knowing that the strength of the Universe stands with me.



**2013 07-04, 2078 - A RED, WHITE AND BLUE DAY** - Today is a red, white and blue day - the day we celebrate this country's freedom. It is a day to remember and be grateful. It is a day to enjoy the beauty that many overlook. Then again, every day can be a red, white, and blue day.





**2013 07-05, 2079 - SUMMER PASTELS** - The soft flowers looked like a summer pastel painting, and I attempted to capture the scene through my camera's lens. I am reminded that, just as the lines of a pastel painting are softly blended into each other, gratitude can do the same for my thoughts.



**2013 07-06, 2080 - KING OF THE POND** - There is a new king of the little meditation pond at the Center this year. It is a big frog. Seeing the giant specimen opens my mind to hot nights in my childhood home, listening to the bullfrogs croak through the open window. Nature creates special memories.





2013 07-07, 2081 - PRETTY ENOUGH TO WEAR - The small yellow wildflower looked pretty enough to wear as a boutonniere or corsage for a special event. Actually a lot of people do. My goal is to wear the experience of appreciating nature's beauty and to reflect it wherever I go. You can do the same.



2013 07-08, 2082 - FACES IN A CROWD - Have you ever noticed the many wee "faces" in Queen Ann's Lace? I just saw them staring back at me from a photo! Each one was a little different. In a crowd of people each one is different too.





**2013 07-09, 2083 - SUMMER FAVORITE** - One of my favorite summer flowers is the Water Lily. It brings back many fond memories of my childhood. Tomorrow, perhaps I will have another favorite flower with different memories, or perhaps I will create some new memories as I commune with nature.



**2013 07-10, 2084 - WINGED BEAUTY** - The afternoon light streamed through the delicate wings of the butterfly as it sipped the sweet nectar of a wildflower. For a moment in time a strong parallel between the lives of butterflies and their human counterparts was realized. We are all one.





**2013 07-11, 2085 - OPENING BLOOMS** - The tiny blooms on the tall wildflower at the edge of the clearing were in various stages of opening, each pedal playing an important role. You are like this flower, and you are constantly opening your blooms as you continue to evolve.



**2013 07-12, 2086 - GETTING THE LAWN MOWED** - The weather has been extremely wet this summer and nature decided to send an assistant to help out the lawn crew. The groundhog really enjoyed its assignment as it gazed across an open expanse. Nature can also help us change our view of the day.





**2013 07-13, 2087 - NATURE INTO ART** - The woodcarver chose a stump of a tree to create a turtle that appeared to be part of the landscape. Of course it was. It was a way of bringing the old stump back to life. Nature does that for us. It can bring us back to life.



**2013 07-14, 2088 - SIMPLE ELEGANCE** - The beautiful white flowers from the clematis vine cascade in simple elegance like a waterfall flowing into the garden. Those that pass by may or may not notice its presence. You show simple elegance when you offer acts of kindness that may or may not be noticed.





2013 07-15, 2089 - FOLLOWING HIS NOSE - The large black bear strolled across our lawn following his nose to his next meal. Bears depend on their sense of smell to survive. It makes no difference where the food is. Humans have the ability to reason, but often act more like bears and don't consider their actions.



2013 07-16, 2090 - NEW EVERY DAY - With several different varieties that bloom throughout the summer, I am greeted with a new bloom every day. These beautiful blossoms serve to remind me that every day there is something new to discover in life no matter what the season.





2013 07-17, 2091 - THE WILD WOOD LILY - One of my greatest joys in nature is discovering wild flowers growing silently, often in places I would not think to look for them. One of my favorites is the wild wood lily. I get the same thrill when I discover hidden talents in people. I appreciate both.



2013 07-18, 2092 - LAZY DAYS OF SUMMER - The lazy days of summer, a time we have dreamed of for most of the year, are upon us. Now, we dream of cooler weather. Positive dreams are good for the soul. It is a time to appreciate the reality of what we have dreamed about as we dream of the future.





2013 07-19, 2093 - BROWN EYED BEAUTIES - The Brown-eyed Susans formed a beautiful bouquet framed by the stone wall and the old fruit tree in the background. Nature can create some beautiful arrangements. It has a way of softening the day, and the rough edges of some of my thoughts drift away.



2013 07-20, 2094 - HUNTING FOR HIDDEN FRUIT - It is almost impossible to outwit the sharp-eyed birds that eat our blueberries just before we are ready to pick them. We look for the hidden fruit that is just out of sight of the birds. I do the same for people's talents.





2013 07-21, 2095 - BUTTERCUP, BUTTERCUP - The buttercup is a flower that identified the fairest of us when it was held under the chin (or at least I think that is the game we played when I was a small child). It is a great pleasure to identify the inner beauty of a person. They shine with or without a buttercup under their chin.



2013 07-22, 2096 - JUMPING THE WALL - The pink spirea jumped the wall many years ago. It now grows prolifically close to the road. The original plant is long since gone, but its seeds live on. That's what happens when you plant the seeds of gratitude and kindness. They take root wherever the soil is fertile.





**2013 07-23, 2097 - NATURE AND DESIGN** - Man and nature can work well together when the design is for a peaceful contemplative environment. Natural features with human engineering can produce divine results. Perhaps our very life on earth has a divine design that is a work in progress.



**2013 07-24, 2098 - POISED TO STRIKE** - The bittersweet vine that we innocently planted many years ago has tried to take over the landscape around our house and beyond. My wife constantly tries to pull it out by the roots, and it keeps coming back, just the way people try to deal with unwanted habits. It takes an effort.





**2013 07-25, 2099 - PLANTING GIFTS** - A month and a half ago I planted the gift of some flowers someone dropped off at the Center. They had been thinning their gardens. The first blooms just opened. A gift of kindness once planted may go on to be shared by many others.



**2013 07-26, 2100 - ON ALERT** - As I drove down the road from the orchard I became aware of the still outline of a partridge on alert and ready to fly in a blink of an eye. I savored this magnificent bird for a moment before it blasted off into the underbrush. A lot of people spend their lives on high alert ready to escape at a moment's notice.





**2013 07-27, 2101 - A SLICE OF HEAVEN** - Heaven implies a special place where love and gratitude abounds. Yesterday I experienced a slice of heaven when I tasted the blueberry pie from our berries, topped with whipped cream. There are always slices of heaven for us to experience that occur daily in our lives.



**2013 07-28, 2102 - CRYSTAL POWER** - The mountain top is mainly granite ledge covered with a thin layer of top soil. Interspersed in the granite are deposits of quartz that hold a lot of powerful energy. Many people use crystals to help them connect to the power of the Universe. You have crystal power within you.

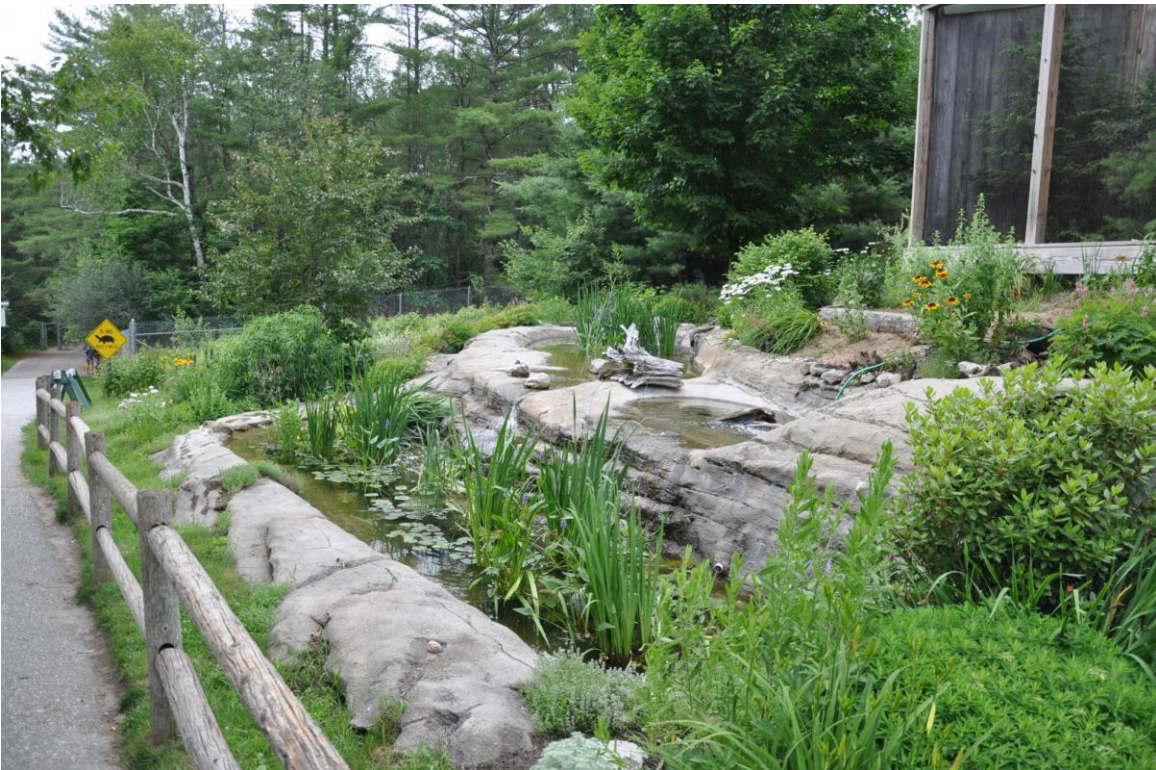




**2013 07-29, 2103 - NATURE'S DELICACIES** - I caught a glimpse of brilliant red shining in the morning sunlight. It was a wild red raspberry, one of nature's great delicacies. Many long for a taste of sweet fruit. There are many delicacies to savor in life if we keep an eye out for them.



**2013 07-30, 2104 - WORKING WITH NATURE** - The designer of the wildlife exhibit in the Maine Wildlife Park had the vision to turn an obstacle, a ledge, into a pond and waterfall. The results were beautiful. If we work with an obstacle the results can be spectacular. The same holds true in life.





2013 07-31, 2105 - WHAT DO YOU SEE? - I can look at the beech tree and see many different images, depending on my mood, the angle of view, or even the way the light shines on the bark. You may see something totally different. Each of us also views life differently. What do you see?





**2013 08-01, 2106 - FOREST FLOOR** - This is mushroom season on the forest floor. It is possible to find these little pods in several different colors, including red, brown, yellow and white. It is very possible to walk by them and not even notice. There are treasures on the forest floor, no matter what the season.



**2013 08-02, 2107 - MOVING ROCK** - The early settlers that came to this area spent much of their lives moving rock to make fields for raising livestock and food. They learned to do this in the most efficient way they knew. The groundhog on the rock wall inspired me to think of how blocks in our lives today can be moved without much effort.





**2013 08-03, 2108 - SILENT HOSTAS** - The small blooms on the large hosta plants bring calmness to the flower garden. They may not be showy, but they are very important to the total makeup of the gardens. Sometimes in life, it is not what garners the most attention that makes the greatest impact.



**2013 08-04, 2109 - FLOWN THE COOP** - Hens and chickens love to escape their pens. I wonder if the plant "hens and chickens" were named because of the way it loves to escape by sending out chutes that take root. Positive actions can also take root and spread beyond our wildest dreams, flying the coop that held them in.





**2013 08-05, 2110 - DRIFTING SHADOWS** - As the clouds floated across the sky, I watched their shadows drift across the mountains. Thoughts come and go like shadows in our minds. We have shadows of doubt mixed in with rays of hope. The shadows drift away and rays of trust and belief in the purpose linger in my mind.



**2013 08-06, 2111 - HEARTS EVERYWHERE** - People who look for hearts usually will find them wherever they go. I saw one nestled amongst the roots as I walked the trail. To me the hearts I find are a reminder that I am surrounded by love, and I feel gratitude in my heart. What if we all discovered hearts everywhere we go?





**2013 08-07, 2112 - ONE OF THOSE DAYS** - Yesterday was one of those days when the earth and sky felt alive. With gratitude I enjoyed the perfect weather and reminded myself that every day can be one of those days when I look for the beauty, regardless of the seasons of life.



**2013 08-08, 2113 - WHAT KEY ARE YOU IN** - The little grasshopper watching the garden ornament grasshopper play his horn asked, "What key are you in?" In order to play music or communicate with others in life it helps to know that we are working together in harmony rather than dissonance.





2013 08-09, 2114 - FLOWER HUG - The bumblebee nestled into the pink clover blossom appeared to me as if the two were experiencing a long and joyous hug. Hugs are important, and they come in many forms, from a physical embrace to the feeling that the Universe has wrapped its arms around you.



2013 08-10, 2115 - WELL ADORNED - The small stump hidden in the woods was well adorned with the intricate patterns of the fungus covering it. It reminded me of a gypsy wagon. There are many gifted people in the world who hide their incredible talent. They are like the stump or the gypsy wagon that is hidden away when no one sees them.





2013 08-11, 2116 - KEEP A SAFE DISTANCE - I watched a wasp on the golden rod and knew that I needed to keep a safe distance because their sting can be painful, or for some set off an allergic reaction. In life it is always good to know when to keep a safe distance whether it's a physical or an emotional encounter.



2013 08-12, 2117 - CHANGING THE HUE - There are several ways you can change the hue of a camera image. One of the ways is to use a filter. We can also change the hues in life by the way we look at situations.





**2013 08-13, 2118 - ALONE AGAINST THE SKY** - The old pine stands alone against the sky at the edge of the clearing. It is a symbol of many things. Its cones are filled with seeds for the future as it lives a lonely existence. Many of us feel like the old pine, trying to hold up the skies of the world around us. The pine does not hold up the sky.



**2013 08-14, 2119 - CLOUD ARMADA** - I watched the flagship of the cloud armada sail over my head leading its fleet to ports unknown. My thoughts became passengers as they joined the moving vessels in the sky. Nature was again working its magic.





**2013 08-15, 2120 - A SUMMER PATH** - As the Summer flows on towards the Fall I can see a well-defined path through the grass in the orchard leading towards the woods beyond. Every step we have taken has left an impression. What if every step along your life's path leaves an impression of the energy you are putting out?



**2013 08-16, 2121 - STUDY IN YELLOW** - I was reminded, as I observed many different kinds of yellow flowers, that my thoughts are reinforced externally by conversations or signs which perhaps are connected to a greater purpose in my life.





2013 08-17, 2122 - INTRICATE DESIGNS - There are many intricate designs in nature. The deeper I look, the more I am amazed. The human design is even more intricate. Add to that the concept of a vast Universe, and one can see how everything is somehow connected.



2013 08-18, 2123 - EYEING THE SITUATION - The Dolls Eyes surveyed the situation from many different angles as it stood silently at the edge of the woods beyond the brook. It is always wise to eye situations in life, but there comes a point when it is time to act. It takes courage to give yourself permission to succeed.





**2013 08-19, 2124 - SHADES OF PINK** - The evening sky was alive with shades of pink. There was so much to take in that my mind became alive with positive thoughts inspired by the beauty of nature. The effect lingered as the evening turned into night.



**2013 08-20, 2125 - RING OF GOLD** - The small white wildflower had a ring of gold at its center. It was if a special treasure waited to be placed on a tiny finger. We all have a ring of gold deep within that is waiting to be shared with the world. Do you recognize yours?





**2013 08-21, 2126 - CHILD'S PLAY** - When I was a child I loved to stomp on a puffball and watch the "smoke" inside float into the air. In fact I still love to do that. I guess I am still a child.



**2013 08-22, 2127 - DOWN THE TRAIL** - As I traveled down the trail from the top of the mountain to the Center, I stopped every so often to take in the views. These views change from season to season, and there is always something different to discover. The trails of life are also filled with wonder.





**2013 08-23, 2128 - CUSTOM DESIGN BY NATURE** - Nature's design on the leaves of the plant growing beside the trail was unique and different from all the others around. It reminded me that each human has a unique custom design. We are all on a little different frequency. The trick is to get these to blend together in harmony.



**2013 08-24, 2129 - CHANGE IS COMING** - The red maple leaf sent a signal that change is coming to the mountains. Soon the landscape will be colored with the reds and yellows of fall. It is a great season to embrace the changes in the entire world that are taking place. It is a time to discover gratitude and positivity.





**2013 08-25, 2130 - SPIRIT SIGNS** - I didn't realize when I was photographing nature's old pine "totem pole" on top of the mountain that I was receiving a powerful sign from Spirit. When I looked at the picture, I discovered a perfect pair of wings. What are the odds of this happening? I know I am being watched over.



**2013 08-26, 2131 - ENERGY FLOW** - As I watched the flow of the clouds streaking across the sky, seemingly coming from one spot beyond the mountains, I was reminded that everything is energy, and each of us are the source for positive thoughts and actions that flow through us to touch many others.





**2013 08-27, 2132 - DOING THE DANCE** - The hens and chickens were doing a dance as their flowers searched for the rays of the sun. They appeared to be in perfect synchronicity. Many of us try to do the same moves as everyone else when we do the dance of life. We never discover our own unique moves.



**2013 08-28, 2133 - PINKS** - The focus of this message is the color pink. We observe it in nature from sunsets to flowers. If pink is a color that is positive for you, you can always carry it with you in your mind. It is a gift from nature. So is every color.





**2013 08-29, 2134 - VALLEY VIEWS** - I can see the valley constantly changing as I gaze down from the ridge on the mountaintop. If I spent my life up there, I would never have a chance to experience the changes that are taking place in the valley. It is important to have both perspectives.



**2013 08-30, 2135 - THE RIGHT GROWING CONDITIONS** - The small oak tree was not far from being an acorn. The right growing conditions had helped it sprout and take root. It has the potential of becoming a giant oak in the future. The right spiritual growing conditions can help us connect to our acorn within.





**2013 08-31, 2136 - WATCHING THE STORM** - I watched the storm drift south across the mountains to the west. Here on the ledge it was a beautiful summer evening, far away from the rain. If it had come close, we could have some cover. It is good to have a perspective in life that helps avoid approaching storms.





2013 09-01, 2137 - NATURE'S DESERT FOR THE EYES - The "plate of cookies" resting on the old birch log looked good enough to eat. Of course it was only mushrooms, but it was sure pleasing to look at and admire. The beauty of nature is that it has so many little eye treats in store for us to help create a positive day.



2013 09-02, 2138 - LATE SUMMER BOUQUET - The flower-laden plant stood out in the late summer sun. It was a bouquet for my eyes and I paused a moment to take in its beauty. As I continued along my journey the bouquet lingered in my heart. Then I was on the watch for the next bouquet. They are always there.





**2013 09-03, 2139 - BLUE-GREEN BLEND** - A blend of blue-green leaves caught my eye. It was a peaceful, calming mixture that could easily be missed as I walked by. Life is a constant blend of seasons as we travel on our soul's journey. It is easy to miss the beautiful blends along the way as we rush along our path.



**2013 09-04, 2140 - HAZY EVENING** - An evening hike brought us to the summit of the mountain where the world beyond greeted us with a quiet hazy calmness. Waves of gratitude flowed over us as we paused a moment and held the scene in our hearts. We were in the presence of the Source. We always are.





2013 09-05, 2141 - FIELD OF GOLD - The whole section of the field shimmered in beauty as the goldenrod stood tall in the afternoon sun. The riches of nature surrounded me. I held this newfound wealth in my heart as I re-entered the world I had for a brief moment left behind.



2013 09-06, 2142 - LINGER A WHILE - The mountains spoke to me as I sat on the bench at the top of the clearing with the sun setting in the west. "Linger a while," they repeated over and over. I did, until after the sunset. As I finally departed, the feeling of gratitude lingered in my heart.





2013 09-07, 2143 - HOBBLEBUSH BERRIES - Part way up the mountain a flash of red caught my eyes in the afternoon sun. On further investigation I found a hobblebush in fruit, and took some time to appreciate and photograph this beauty of nature. Life gives us many special treats to discover.



2013 09-08, 2144 - STOP BY FOR A VISIT - The bench spoke to me as I approached it in the evening sunlight. "Stop by for a visit," it softly whispered. As I sat for a while appreciating the world around me, I realized that I could stop by the bench in my mind to visit the nature of life, anytime.





**2013 09-09, 2145 - BEGINNING OF BARBARA'S GARDEN** - A couple of months ago my sister asked if I would like some of her flowers from the gardens our mother started years ago. That was the start. Now the reality in my mind becomes a manifested reality as I embark on a labor of love. Thoughts and dreams are real.



**2013 09-10, 2146 - JOYS OF LATE SUMMER** - This time of year is especially pleasant. The seasons are changing, but nature still provides beautiful bouquets of flowers along the roads, trails and in the fields. I often smile and feel gratitude in my heart as I observe or just think about the joys of late summer.





2013 09-11, 2147 - OTHERWORLDLY - The rather large flying insect looked otherworldly. It was nothing I remembered seeing before. I attempted to capture an image as it sipped nectar from some goldenrod. Then I searched through an insect book and there I found a blue-black wasp. It was part of this world.



2013 09-12, 2148 - UNIQUE - Nature provides many unique plants that bring much beauty to the landscape. We are all "nature's plants" and your uniqueness helps bring beauty to the landscape of life.





**2013 09-13, 2149 - I GET THE HINT** - I looked out the window towards the flowing brook and there, right in my face, was a leaf in fall dress. I chuckled and said to nature, "I get the hint!" Fall is coming. We get hints all the time from the Universe that can help us flow through the seasons of life.



**2013 09-14, 2150 - EARLY MORNING REFLECTIONS** - As I prepared to do the podcast I stopped and watched the small brook in the early morning as it reflected the light of the day. I realized that I am like that brook. My goal is to reflect with gratitude the lessons that nature provides me to share.





**2013 09-15, 2151 - CHANGE CAN BE BEAUTIFUL** - As I watch the changes taking in place in nature through the colors in the leaves, I realize that changes in life, like in the seasons, can be beautiful. They are not taking away from, but are enhancing, our lives.



**2013 09-16, 2152 - TIME TO PICK THE FRUIT** - It is apple picking time here in the mountains. The fruit weighs down the limbs of the trees and will soon drop if not harvested. You are like a fruit tree that is laden down with gifts and abilities. It is time to share, just as it's time to enjoy a fresh apple pie.





2013 09-17, 2153 - CRAB APPLES - Crab apples are often thought of as a useless fruit. They are often passed over during harvest time. The birds find our small crab apple tree just right for their taste. Most every fruit does have usefulness just as some ability that you may not value. Someone will value it.



2013 09-18, 2154 - WORKING WITH GRANITE - I have lugged many tons of granite over the years, placing it on walls and building stone patios. I recently made a small birdbath for the top of a new wall. There is a sense of everlasting when you work with stone, and I placed within its surface love and gratitude.





**2013 09-19, 2155 - MORNING LIGHT** - The morning light shone through the woods at an angle that created dramatic images as I walked the trail. It shone through the leaves, the moss, on the stumps and rocks. With gratitude I realized that my morning light shines greatest in my heart, regardless of the day.



**2013 09-20, 2156 - ODDITIES** - The mushroom growing out of the tree looked odd to me. I had seen other growths but not mushrooms. People are sometimes considered odd because they have abilities that are outside the normal. They aren't odd but are misunderstood.





**2013 09-21, 2157 - NATURAL ABUNDANCE** - Late summer / early fall is a time when nature reveals the natural abundance of its harvest. You see it wherever you look, in the leaves, the berries, even in the air. We are surrounded by natural abundance and to attract it even more, consider being grateful for it in your heart.



**2013 09-22, 2158 - FACES OF FALL** - The faces of fall have taken over the season here in the mountains. The landscape changes daily as more and more color works its way across the valley on its march to the south. People come here to try to re-capture memories from their pasts. The landscape changes; the energy doesn't.





2013 09-23, 2159 - STANDING ALONE - The old dead pine stood alone in the fog like the mast of a century old sailing ship. It, by itself, was a spectacular sight. In good weather, I often "curse" its presence as it stands in the way of a spectacular view of the mountains. Interesting, how we view life, isn't it?



2013 09-24, 2160 - A VIEW FROM THE DUMP - The view of the fall foliage and the mountain from the Transfer Station, otherwise known as The Dump, is stunning this year. Many people hurry by without noticing the value in what nature has left for others to appreciate.





**2013 09-25, 2161 - A SEAT IN THE WALL** - We spotted an upside-down "mushroom" seat in the old stone wall on the edge of the orchard. I wondered if it was made by nature or man. Regardless, it is a place where spirits can rest, as well as a place I can visit any time in my mind.



**2013 09-26, 2162 - A CONSTANT REMINDER**- I am faced with a constant reminder every day - the presence of the beautiful mountains here in the foothills of the White Mountains. It helps anchor gratitude in my heart because there is so much to be thankful for. May your reminders do the same.





**2013 09-27, 2163 - ROOT DESIGN** - Places on the trails where the topsoil has been worn away expose the intricate design of the root systems of the trees growing nearby. It causes me to wonder what the root design of the human race is and what we have yet to discover.



**2013 09-28, 2164 - SPREADING COLOR** - The color of autumn is spreading across the valley and mountains beyond. The seasons are changing rapidly. There is also a change spreading in the way we look at life. We are becoming aware of much that has remained hidden. It is time to enjoy our incredible journey.





**2013 09-29, 2165 - PEACE ON THE MOUNTAIN** - There is something peaceful about the mountain. I can feel it in the morning, all through the day, and especially as the sun sets. I carry this sense of peace with me wherever I go. We all are a piece of the vast beauty and peace of the Universe. You are a mountain of peace.



**2013 09-30, 2166 - LIFE ON TOP** - Life on top of the mountain is always changing, but you are only an observer of what goes on below in the valley. If you stayed in the valley, you would never experience the top. Being able to do both is the best way to get different perspectives. The same is good for the mind.





**2013 10-01, 2167 - HIDE AND SEEK** - I watched the game of life as it played out on the front lawn. It was a hawk in search of a chipmunk meal. The hawk sat very still hoping the chipmunks would not sense it. Humans often play the game of life trying to feed their ego. The ego is never full.



**2013 10-02, 2168 - OLD WIVES TALES** - There is an old wives tale that says that a hornets' nest built high in a tree signals a snowy winter ahead. I'm not sure if this is true or not, but I wonder about old tales and legends. Were they built on an element of truth?





**2013 10-03, 2169 - THE HILLS ARE ALIVE** - The hills are alive with the beauty of fall. The valley is full of travelers coming to the mountains attempting to find a balance in their lives. The movement is on, both internally and externally.



**2013 10-04, 2170 - WATCHERS IN THE SKY** - It seems as though I am aware of more and more faces in the clouds watching the movements on earth. Maybe it's just my imagination or maybe it is a reflection of a source that exists around us. It gives me something to ponder.





**2013 10-05, 2171 - COMPATIBLE REDS** - To me the color red indicates excitement. Two examples are the fall red leaves and a fire engine. Put them together at the fair and you have a lot of excitement. The kid in me comes out again. It does on the mountain, too.



**2013 10-06, 2172 - FALL BEAUTY** - The beauty of fall has totally taken over the valley and the mountains beyond. Everywhere I look my eyes have a feast of reds, yellows, oranges, and greens. I am grateful for this beauty and realize that after the color fades there will be other beauty to focus on.





**2013 10-07, 2173 - FRAMING THE MOMENT** - The trees in the foreground created an excellent frame for the view as I attempted to capture the moment with my camera. We are constantly framing moments in our minds, both negatively and positively.



**2013 10-08, 2174 - FERNS IN THE WOODS** - The trail leaving the orchard toward the ledge has a section where a young forest and ferns grow together, creating a peaceful scene. I love to walk by and take in the beauty. When people blend together, living in harmony like the ferns in the woods, the universe smiles with joy.

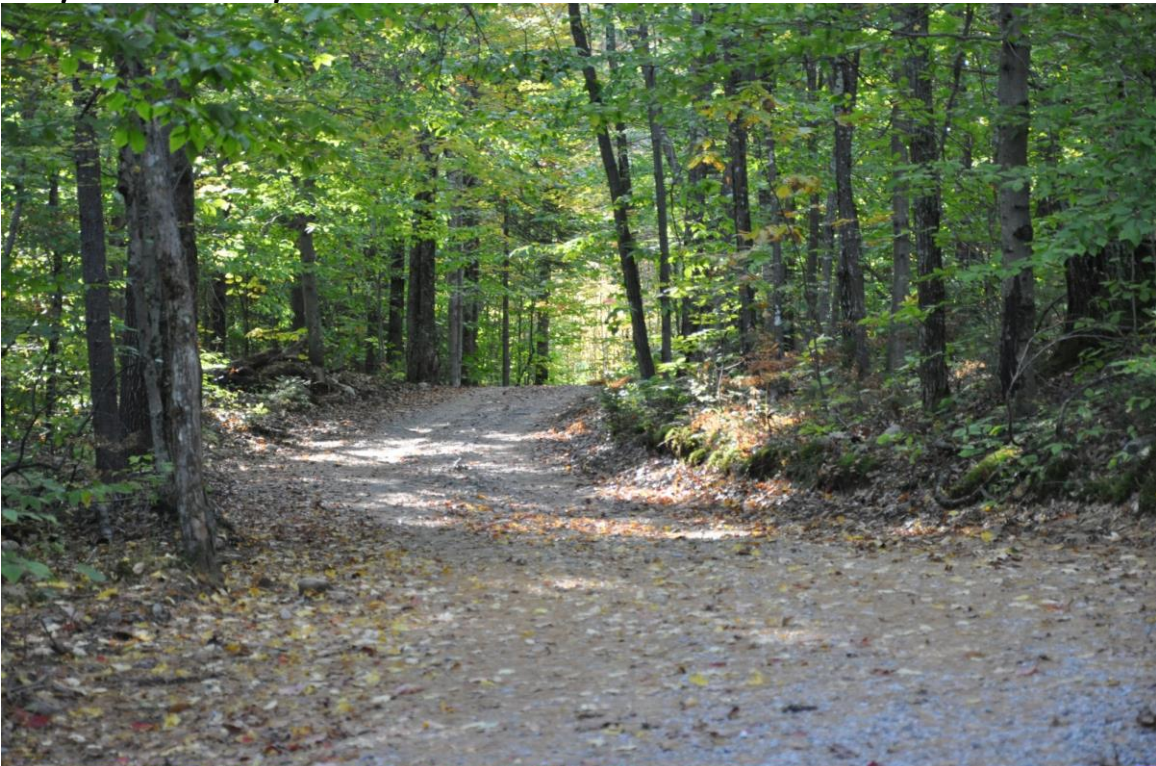




**2013 10-09, 2175 - WINTER WINDS** - For the first time in several months, I heard the winter winds as they roared across the White Mountains and through the valley bringing a sign of things to come. Reaching the clearing I felt the icy blast. The winds of life are also changing as we enter a season of higher knowing.

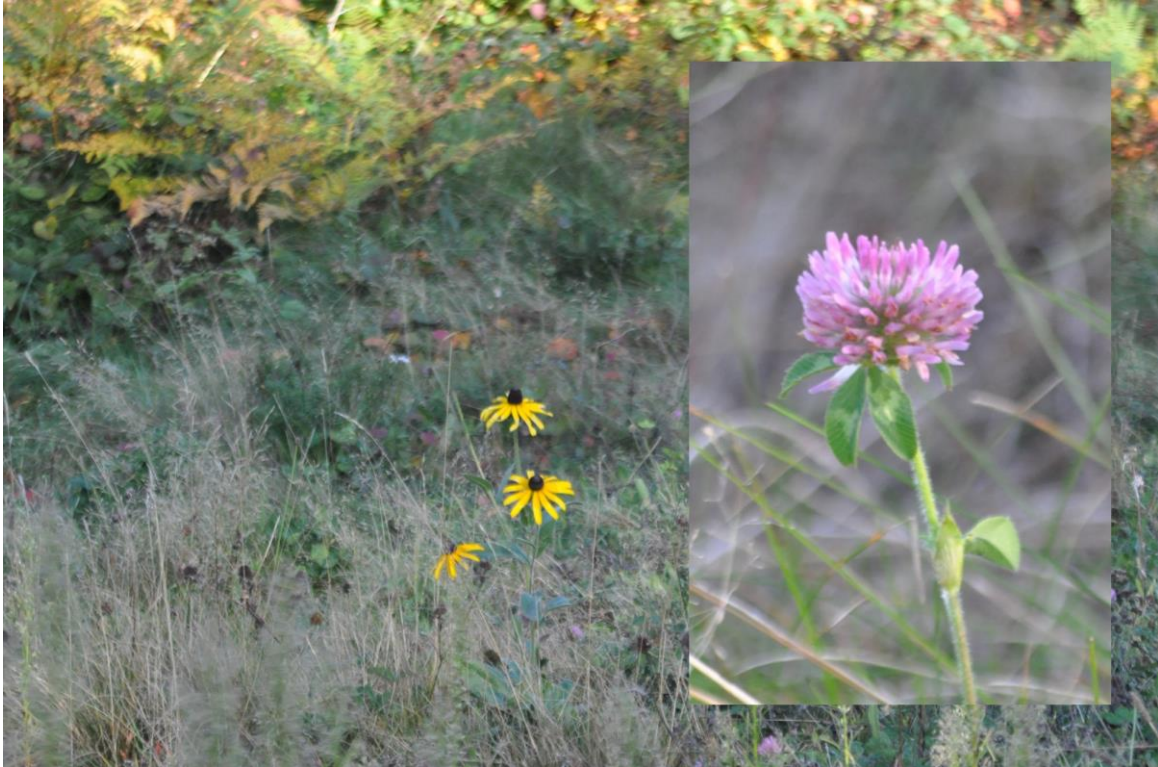


**2013 10-10, 2176 - WALKING THE OLD COUNTRY ROAD** - When I walk the old country road, especially in the fall, my mind drifts into the past or thinks about the future as I observe the nature around me. It is the balance of the three that keeps me in touch with my soul. Have a great walk in your mind today.





**2013 10-11, 2177 - LAST BLOOMS OF THE SEASON** - There are a few blooms left as the earth waits for the first hard freeze to end the growing season. Life is changing on the mountain. Life is constantly changing for us also. Some people don't prepare for the changes as they try to hang on to summer.



**2013 10-12, 2178 - STEWARDS OF A COMMUNITY** - It has been thirty years since the old crank Bryant Pond Telephone Company converted to dial. My parents and family were stewards of a community as they were the hub of communication for the town. I think that we are all stewards of our communities if we choose to be.





**2013 10-13, 2179 - LAST OF THE COLOR** - The foliage colors are fading fast and soon the valley will be quiet as tourists and summer residents leave the area. Even the seasonal birds are migrating south. When we think the color is gone in life, look below the surface. It is still there if you look for it.



**2013 10-14, 2180 - HEART ENERGY** - My eyes caught the glimmer of a piece of quartz party buried in the earth. I picked it up and found that I was holding a quartz heart in my hand. I "borrowed" it from the mountain and brought it to the Center as a reminder of the energy our hearts put out when experiencing gratitude and love.





**2013 10-15, 2181 - EVERYWHERE I LOOK** - Everywhere I look I am constantly reminded me of the beauty of nature. I realize that not everyone sees the world as I do. It is my intention to always see something that opens my eyes to something positive. What do you look for?



**2013 10-16, 2182 - PATCHES OF COLOR** - The mountain to the west looked like a giant patchwork quilt. The patches of fall colors highlighted by the morning sun blended with the shadows of the clouds. I reflected on how my life is filled with patches of the color of gratitude. My quilt is always with me.





**2013 10-17, 2183 - SPLITTING STONE** - The evidence is there on the mountainside. One can find the holes in granite where unknown men quarried the stone for fences, foundations, cemetery walls and even stone culverts. There is so much in history, both on the land and in our souls, that we have yet to discover.



**2013 10-18, 2184 - WE ARE NEVER ALONE** - I felt like I was in a Sci-Fi movie as I watched the saucer-shaped cloud approach from the north. I was not alone. I don't necessarily mean space aliens. I believe that we are all watched over by something that helps create miracles, synchronicities, and other unexplainable events.





**2013 10-19, 2185 - A PINE NEEDLE CARPET** - The soft feeling of the pine needles underfoot in the forest reminds me of the softness in my heart that comes with focusing on gratitude and love. We can walk on a pine needle carpet in our minds anywhere we go.



**2013 10-20, 2186 - FIRST PLANTING** - The first perennials are now in the ground in Barbara's Garden at the Center. The plants also bring an energy of love and gratitude that will be spread all over the world by those that visit the grounds in person or in their minds.





**2013 10-21, 2187 - THE POWER OF MEDITATION** - Meditation, like the sea, can be a powerful force. The sea is the power of Nature, and meditation is the power of the Universe. Within the mind the vast sea of contemplation flows as you sail the oceans of thought. You can sail anytime, anyplace.



**2013 10-22, 2188 - THE GIFT OF A FEATHER** - Nature often leaves gifts along the trail as a reminder that we are not alone. Finding a beautiful feather is a way of getting a thumbs-up from the Universe. I am grateful for these special gifts.





**2013 10-23, 2189 - THE QUEST FOR A CONNECTION** - People come to the mountains or the ocean on a quest to find the beautiful views. They search for places where they can connect to Nature and the Devine. Now ridge lines and mountain tops are cluttered with expensive homes. I wonder if the Devine "can hear them now"?



**2013 10-24, 2190 - HARBINGER OF THINGS TO COME** - The harbinger of what is coming soon was very visible from the top of the mountain. The snow covered peaks to the north warn of the changes in seasons now in progress. You can be a part of positive changes coming by projecting love and gratitude from your heart.





2013 10-25, 2191 - NATURE'S DECORATIONS - Nature has a knack of decorating the earth, no matter what the season. After the leaves have fallen off the trees, the ground and even the water in the brook take on a golden hue. Positive thoughts and actions have a way of decorating life, no matter what the season.



2013 10-26, 2192 - MILKWEED - The milkweed pod was beginning to release its inner seeds, and the morning sun shone through the cotton-like fiber as it danced in the light breeze of fall. It was a delicate and beautiful sight that could have been easily missed. Thank you, Nature.





**2013 10-27, 2193 - STONE MONUMENTS** - The stone cutters of a couple hundred years ago left monuments to their work. We have cleared around a couple of them so that hikers might appreciate those that inhabited the land before us. Positive thoughts are the stone monuments of our minds. They continue beyond the creative process.



**2013 10-28, 2194 - MOUNTAIN MOODS** - Just like people, the mountains have many different moods. Sometimes they change rapidly, and sometimes it looks like they can't get out of a pattern. People do the same. People have the opportunity to change their moods when they take time to look at the mountains.





**2013 10-29, 2195 - HEART REMINDERS** - A lot of people look for hearts. They could show up as stones, clouds in the sky, or leaves, to name a few. The heart is a symbol of love, and, whether it's a heart or something else, just having something positive to look for acts as a reminder to pause and feel grateful.



**2013 10-30, 2196 - APPLE CARVINGS** - My eyes caught the shape of a small grotesque head hanging from the branch of an apple tree in the orchard. As I approached, I discovered that the carvers were still at work. Hornets had swarmed the apple looking for the sweet nectar inside. Nature was creating a carving.





**2013 10-31, 2197 - SPIRIT IMPRESSIONS** - Can spirits leave impressions, their marks or outlines, on trees rocks, or even the sky? When we find something that looks as if it was put in a place on purpose by an unknown source, did it really happen or a figment of our minds? Questions.





**2013 11-01, 2198 - REDISCOVERING THE GLOW** - This time of year after the leaves have fallen from the trees the morning alpine glows become more visible again. They are always there, just covered up by the foliage. People have a spiritual glow that can sometimes be covered up by life until it is rediscovered.



**2013 11-02, 2199 - NOVEMBER WINDS** - As if on cue, when the calendar changed, the November winds began to roar across the valley. The wind signals change in the seasons that are coming. The winds of November are also a signal that there are positive changes coming to help propel souls on their journey.





**2013 11-03, 2200 - AFTER THE LEAVES** - After the leaves have dropped from the trees people often describe the landscape as bleak. Yet, looking into the bleakness there is much beauty to find. Subtle colors missed in summer are discovered again. After the leaves have gone is a beautiful season.



**2013 11-04, 2201 - HINTS OF SNOW** - Hints of snow can be seen on the mountain tops and even in the air. Nature gave a hint of what is to come with the white fungus nestled in the old log while the weather was still warm. We get hints of changes coming in our lives all the time.





**2013 11-05, 2202 - MEANDERING ALONG THE TRAIL** - Meandering along the trail can be good for the soul. Going at a pace that allows one to discover special parts of nature can be a form of walking meditation. Some people are so focused on their destination that they miss what meanderers see. Life is like that.



**2013 11-06, 2203 - MIGHTY OAKS** - The mighty oaks behind the stone wall have grown tall and provide a magnificent frame for the mountains on the other side of the valley. They stood strong against all kinds of weather. The oaks symbolize the strength of the Universe that stands by us.





**2013 11-07, 2204 - RIGHT UNDER FOOT** - The large toad wearing camouflage was almost hidden in the leaves of fall. Its movement caught my attention. Otherwise I could have stepped on it. It is a good idea to pay attention to what is right under your feet as you walk the trails of life.



**2013 11-08, 2205 - TREE CLIMBING TECHNIQUES** - There are different techniques for climbing tree. Some people shinny up, others look for limbs, some use climbing gear and others use ladders. Bears use their claws. They just dig in. When we dig into life, we develop our own techniques as we climb our soul's path.





**2013 11-09, 2206 - FALL'S BEAUTY CONTINUES** - This year it seems as if I have woken up to the beauty of late fall. The wildflowers, long since stripped of their summer color, dance for me as the sun streams its light across the landscape. My awareness turns to the beauty that you bring to this earth in good deeds and thoughts.



**2013 11-10, 2207 - BLUE MOOD** - The mountains can reflect many colors. Sometimes they are in a blue mood. When one is worried or sad, they can see that in the mountains, or when they are grateful for the beauty of the blue mountains, they can feel gratitude and love. Blue moods can be happy.





**2013 11-11, 2208 - WHEN THINGS LOOK BLEAK, REMEMBER** - The maple tree brought a special brilliance to life during the peak of fall. Now the landscape is bleak and void of bright colors. When life appears to be bleak, try remembering something you are grateful for. It just may help return the color to your life.



**2013 11-12, 2209 - COZY DENS** - The animals in the woods are looking for cozy dens to protect them from the coming winter. Some, like rabbits and foxes, have places to hide and rest all year long. We have a cozy den within our minds where we can seek the shelter of the Universe for guidance, rest, and strength.





**2013 11-13, 2210 - HIDDEN IN THE WALLS** - The old stonewalls spreading across the mountainside contain much hidden information from both the distant and not so distant past. Your mind is like a stone wall with ancient knowledge hidden away waiting to be discovered again.



**2013 11-14, 2211 CLEAR SIGNS** - My eyes focused on a clear spot in a landscape covered with leaves. I wondered how that happened, and then I noticed the clear spot was in the shape of a heart. I knew I was getting a clear sign from the Universe that it was with me.





**2013 11-15, 2212 - AUTUMN RUST** - The long dead fern's intricate lace has turned to beautiful autumn rust. Its complex design seems to be enhanced by the deep reddish color. Life is a lot like the ferns. It is both complex and simple, the simplicity of trust and complexness of accepting.



**2013 11-16, 2213 - BRIDGES** - Nature carved a small bridge out of the rock ledge on the side of the ocean. It serves as a reminder that we can use bridges of belief to connect our dreams to reality. All you need to do is cross the division in your mind.





**2013 11-17, 2214 - PAINTING THE SKY** - The setting sun turns the white vapor trails of the many jets crisscrossing the sky near Ocean City, Maryland, into puffs of pink and golden swirls. Nature has a way over time of turning man's intrusions into works of art with healing beauty.



**2013 11-18, 2215 - READY FOR A LONG WINTER'S SLEEP** - The field on top of the mountain has been mowed and prepared for a long winter's sleep. It is the field where we planted lupine in and this year found over thirty new plants growing. As the land sleeps, I will dream of the beautiful blooms in the future. It is a time to dream.





2013 11-19, 2216 - RUFFLED FEATHERS - The force of the wind ruffled the feathers of the white egret resting on a pine branch. It seemed to take it in stride because when there was a lull, it would straighten its feathers. Perhaps humans could learn from the egrets when the wind in their minds blows a gale.



2013 11-20, 2217 - GOLDEN INFERNO - The brilliant sunset became a golden inferno as wisps of clouds leaped into the air like a giant firestorm. It reminded me of what love and gratitude feel like when it is flowing through my heart. At that moment I was connected to the cosmos.





**2013 11-21, 2218 - TREE ANGEL** - Yesterday, the tenth anniversary of my mother's passing, I walked the trail looking for a sign from the "other side". A thought came to me to look on the bark of the trees. Within a few seconds I spied a "tree angel". To me it was a thumbs up. Tree angels manifest in many different forms.



**2013 11-22, 2219 - WILD HORSES** - The wild horses of Assateague and Chincoteague are a symbol of freedom to the many people who come to see them. These horses are very used to humans but are not broken to a saddle. I wonder how many humans give themselves the opportunity to be free in their minds.





**2013 11-23, 2220 - SKY DOODLES** - Doodling is usually considered to be mindless sketching or writing while one is engaged in something else. At the same time many doodles lead to insights coming from the unconscious mind. I wonder what the Universe was thinking as it doodled on the sky?



**2013 11-24, 2221 - WHITE-ON-BROWN DAY** - We were greeted this morning with a thin fresh coating of snow. It was a white-on-brown day, different from yesterday or the day before. We often forget to notice the changes from day to day. Life is always changing. White-on-Brown is proof of that.





**2013 11-25, 2222 - BREAKTHROUGHS** - When a previous landowner broke through a stone wall with his heavy equipment, he did so without regard to repairing the damage. We used the opening as a way to create a road. Breakthroughs in life are opportunities to make lasting changes for the better.



**2013 11-26, 2223 - BEAUTIFUL BEGINNING** - The early morning alpine glow on the mountain creates a beautiful beginning to the day. Wherever I go, a part of the mountain goes with me. Its majestic strength is a symbol I embrace with gratitude and love. We all have symbols that mean something to us.





2013 11-27, 2224 - BEFORE THE RAIN - Before the rain nature had coated the ground with a couple of inches of new snow making the world look festive. Then the heavy rains came and much of the white got washed away. The rain is nature's investment in the flowers that will bloom in the spring.



2013 11-28, 2225 - FULL OF GRATITUDE - Today, a day of Thanksgiving, I woke full - full of gratitude for the opportunities to learn from nature that the Universe has provided. Then again, my goal is to wake up full of gratitude and life every day. It helps nourish the soul.





**2013 11-29, 2226 - BEYOND THE VEIL** - The thin cloud cover created a veil through which the majestic peaks beyond were visible. It was a mystical scene and serves well to remind us of the thin veil that covers the connection we all have to the Cosmos and the "Lost Knowledge" just beyond our "normal" reality.



**2013 11-30, 2227 - FROZEN LANDSCAPE** - The recent rain and the sudden drop in temperature have created a frozen landscape here in the mountains. It is a different walk than on a warm fall day. Even with the cold the landscape provides inspiration to help fuel my soul's walk.





**2013 12-01, 2228 - MINIATURE WORLD** - Looking down from the top of the mountain, I see a miniature world below. My mind slips back to my childhood when I would love to visit my grandmother's miniature holiday world she displayed on a table top. We live in a miniature world when we see from the Universe's eyes.



**2013 12-02, 2229 - HOLIDAY GREENS** - As we rapidly approach the shortest day of the year, nature is doing its part to create a festive atmosphere by displaying beautiful holiday greens. Soon the days will grow longer, but the inspiration from the holiday greens will stay with me throughout the year.





**2013 12-03, 2230 - SIGNS OF THE SEASON** - Signs of the season of light are all around us. Most every religion celebrates the change as we move the dark towards the light. I see other signs also, like the small "angel" that appeared in today's photo. Although it is an illusion, it is still real to me.



**2013 12-04, 2231 - THROUGH THE MIST** - The mountains to the west were totally obscured by the thick mist covering the landscape. People who had never walked the land before might not even realize mountains were there. When looking for answers in our minds, a journey into the unknown mind often provides insights.





**2013 12-05, 2232 - FROZEN HEARTS** - The small patch of ice captured a leaf heart and held it in its icy grip. This time of year there are many attempts to unfreeze human hearts in the spirit of giving. How can the hearts of those who hold the knowledge of success be thawed to help show the masses the way?



**2013 12-06, 2233 - CONTINUALLY CREATING** - The first weekend in December each year we take a sojourn down to the University of New Hampshire to visit the poinsettia trials. The public has a chance to judge the newest creations. Some of them will eventually wind up on the commercial market. Continually creating prevents stagnancy.





2013 12-07, 2234 - CREATING A FESTIVE MOOD - We like to create a festive mood by decorating the fir tree in the orchard and putting fake presents in the back of the old wagon. It is there for those that walk the trails. We don't need a special occasion to create a festive mood that may help change someone else's life.



2013 12-08, 2235 - CONTROLLING THE CLIMATE - The beautiful tropical plants in the glass green house at UNH live in a controlled environment protected from the harsh cold of winter. People try to live in controlled climates where they are protected from the harshness of life. They create their own reality.





**2013 12-09, 2236 - RITUALS** - We have many cherished rituals in our home this time of year. One of them is the cutting of the Christmas tree. It represents the season of the winter solstice and brings light into our home. This ritual changes a little year to year. It is never the exact same. The ritual of life also changes.



**2013 12-10, 2237 - FROSTY DELIGHTS** - As the land waits for a covering of snow, the frost has an expansive palate to create delightful eye candy. There is something special to discover every day no matter where you walk your path of life.





**2013 12-11, 2238 - WAITING IN SILENCE** - The bench at the edge of the clearing waits in silence, ready to hold the weight of its next visitor. I have spent much time there communicating with the Cosmos. I carry a bench in my mind that waits silently for the same purpose, no matter where I am.



**2013 12-12, 2239 - HIDDEN IN THE BRAMBLES** - While walking in a snow squall my eyes were drawn to a small bird's nest inside a patch of brambles. It was right beside the trail where I had passed it by many times. Now, with the leaves gone, it was visible. It caused me to think of the wonderful talents people keep hidden in the bramble bushes around their hearts.





**2013 12-13, 2240 - DECK THE BOUGHS** - As I walked along the trail, the snow-covered fir trees sang the song "Deck the Boughs" to me. My mind focused on the joy of the festive tune, and the world outside drifted away for a few brief moments of pure joy.



**2013 12-14, 2241 - PASSAGEWAYS** - The light streaming through the tree-lined trail looked like a passageway leading to adventures beyond. When we enter into the other dimensions of "knowing", we often journey through passageways of our minds to get there. We are constantly expanding into the horizon.





**2013 12-15, 2242 - BURIED IN WHITE** - We heard the forecast. We heard the plow clearing the driveway overnight. We woke up this morning buried with a fresh cover of snow. Life changed in a flash. Winter is here. I am grateful for those that plow snow and those that provide unseen miracles when we wake up buried.



**2013 12-16, 2243 - DRIFTS AND WOOD** - The overturned tree roots in the forest weathered by the elements appear to have drifted to their resting place by invisible oceans. The winds blowing through the valley carve the new fallen snow into drifts. The Cosmos shapes us as our souls progress through time and space.





**2013 12-17, 2244 - MOONLIGHT** - The light from the full moon shone over the darkness of the night creating magic shadows on the landscape that danced on the new fallen snow. The magic of the Universe was at work, and I felt a wave of positive energy flow through me.



**2013 12-18, 2245 - WORKING TOGETHER** - The fresh deer trail in the snow crossed the old road and is an example of how the animals work together to tramp down a path making it easier for them to move about. People work together in this season to help create beautiful holidays for those that have less.





**2013 12-19, 2246 - TRANSCENDING TIME** - Walking the old road is a way for me to transcend through time. I imagine what it would have been like to ride in a horse-drawn sleigh through the frozen snow. We often leave our physical bodies and transcend through time with our mental bodies. Do you remember how?



**2013 12-20, 2247 - THE NEW NORMAL** - It seems to me as if the clouds in the sky have been changing over the past couple of years. Perhaps it's just my new awareness of them and it is me that has changed rather than the clouds. Either way, it is now normal for me to see what I did not see before.





**2013 12-21, 2248 - THE QUEST FOR DAYLIGHT** - People celebrate the winter solstice as a way of honoring the beginning of the return of daylight. It is a time to plan, to dream of the longer days to come in the future. It is a time to be grateful for the transitions ahead.



**2013 12-22, 2249 - TAKING IT FOR GRANTED** - There are many things in life that some of us take for granted such as heat and power. Nature has the power to take them away, which often causing chaos. There are things in life we can take for granted even during storms. That is our trust that we are not alone.





2013 12-23, 2250 - A SPECIAL GIFT - Each year one of my sisters continues a family tradition of making fruitcake. I know a lot of people don't like fruitcake, but I do. The gift goes beyond the joy of eating it because I know it was made with love. Gifts of love are irreplaceable.



2013 12-24, 2251 - NATURE'S ICY DECORATIONS - Nature decided to decorate the trees with icy tinsel the last couple of days. She went overboard in many places causing downed power lines and interrupting travel. Yet behind all of the inconvenience the landscape is covered in a magical icy glow. It is the season.





2013 12-25, 2252 - STAR OF WONDER - On this special day the words of an old carol flow through my head - "Star of Wonder". Regardless of one's personal religion, the star is a wonderful symbol of how we can all be guided by the Cosmos to bring peace and goodwill to earth.



2013 12-26, 2253 - FACES IN THE STONE - The large stone still stuck in the roots of an uprooted tree lead me to imagine that it was covered with many different faces. Then I wondered where my thoughts were coming from. Were they from inside my mind or from some other source?





2013 12-27, 2254 - ALL PUFFED UP - I'm not sure why birds puff themselves up when they seem to be resting. They may be trying to look bigger, dry their feathers, or perhaps stay warm on a cold day. We puff ourselves up often out of ego; however, when we are connected to the Universe, we are puffed up by its strength.



2013 12-28, 2255 - MORNING REFLECTIONS - The fresh snow added to the beauty of the morning as the mountains to the west bathed in the pink glow of the rising sun as it reflected off the clouds. The scene helped intensify the internal glow I experienced as I first awoke. I am grateful for a time to reflect.





2013 12-29, 2256 - AFTERNOON MELT - The waning sun shone on the remaining beech leaves still coated with ice and snow from the recent storms. Small ice crystals formed where the afternoon melt created a liquid flow, only to refreeze at leaf edges. I was witnessing nature's magic.



2013 12-30, 2257 - AN OLD FASHIONED WINTER - It seems as if we are experiencing an old fashioned winter, one with plenty of snow and cold to satisfy those that come to the mountains this time of year to create memories that will last a lifetime. There are always memories to be made when we take the time to cherish the moment.





2013 12-31, 2258 - A GIFT FOR THE BLUEBIRDS - Our son gave us a special gift for Christmas. He made two bluebird houses for us to place at the edge of the clearing on top of the mountain. It is a gift of giving that will help attract not only wildlife but people to a place where they can pause and connect with the Universe.

