

Message from the Mountain
2016

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2016 01-01, 2989 - A NEW YEAR'S WISH - It is my wish, as well as my intention, that we all have the opportunity to take time to enjoy brilliant sunrises and sunsets during this New Year and many more to share in positive thoughts and actions.



2016 01-02, 2990 - WINTER HAS ARRIVED - All of a sudden, overnight, winter arrived here in the foothills. I knew it was coming sooner or later. I set my intentions for its arrival by my desire to be flexible and be able to work positively with the changing conditions.



2016 01-03, 2991 - SUNSHINE ON THE MOUNTAINSIDE - Later in the day when the sun is working its way toward setting again, it shines warmly down on the mountainside. Even on a cold day, that simple scene warms my heart.



2016 01-04, 2992 - ROAD LESS TRAVELED - The solitary set of tire tracks in the snow going to the orchard hit home to me that soon it would be impossible to travel the road by vehicle to find the quietness waiting at the end. We can always find a road less traveled in our journey.



2016 01-05, 2993 - IT TAKES MY BREATH AWAY - Nature continually takes my breath away when I take the time to observe the wonderment that surrounds me wherever there is a patch of sky, a mountain in the distance, the sea, or just a simple blade of grass to reflect on.



2016 01-06, 2994 - LEAVES ON THE SNOW - There is something about a dried brown leaf displayed on a base of white snow that brings out the beauty of nature's artistic design. It is another way to be aware that even in winter there is so much to observe and appreciate.



2016 01-07, 2995 - FREEZING WEATHER - The little brook has begun to freeze as the temperatures have dropped in an icy blast of polar air. In freezing weather I often find myself seeking warmth of inside. It is a time to write and plan for spring.



2016 01-08, 2996 - LOOK WHO'S BEEN WALKING IN THE WOODS - I had been looking forward to the first coating of snow for some time and I was not disappointed when it arrived. I now can see the tracks of the animals that have been walking in the woods.



2016 01-09, 2997 - A VIEW FROM THE WINDOW - My eyes caught a flash of red in the sky as I looked out the window. I immediately grabbed my camera and focused on the beautiful display nature was providing. If I hadn't looked I would never have seen it.



2016 01-10, 2998 - SNOW-COVERED WALLS - There is something special about finding a snow covered stone wall in the woods. I wonder who toiled to create them and what were the circumstances that led to nature reclaiming the land? The walls fuel my imagination.



2016 01-11, 2999 - NATURE THROWS A CURVE - A third of the way into January, one would expect that an approaching storm would mean snow. When Nature is "pitching" she can throw some good curves, including a rain. The predictable thing about life is that it's unpredictable.



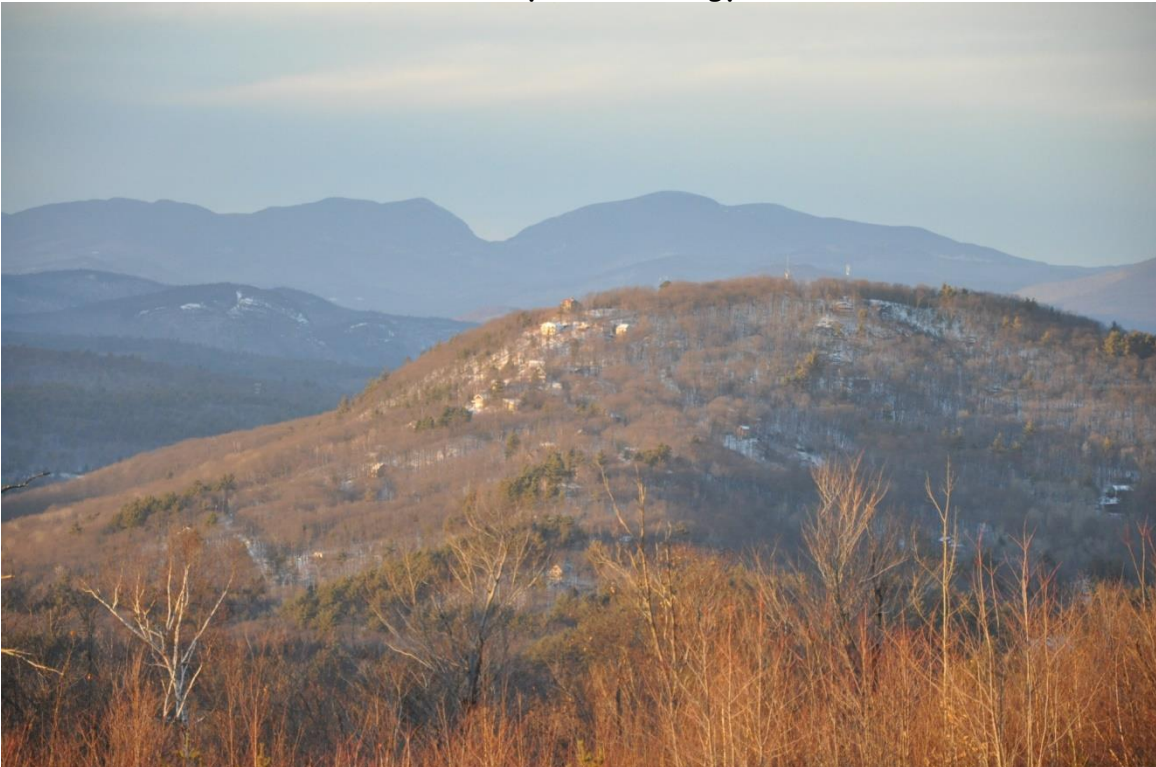
2016 01-12, 3000 - MESSAGE FROM THE MOUNTAIN PODCAST #3000 - This message is Podcast #3000. It has taken nearly 10 years to get to this point, and I am grateful to Nature for being a never-ending source of inspiration and my wife for her support and patience.



2016 01-13, 3001 - CENTER OF ATTENTION - I stood in front of the highest peak in the area, but the center of attention on this day was a smaller peak that often goes unnoticed. Life has so much to see and investigate when we shift our view.



2016 01-14, 3002 - LOOKING AT THE NEIGHBORS - When I stand at the edge of the clearing on a clear day, I have a great view of the neighboring hills that are dotted with houses. I don't know most of them, but I at least send them positive energy.



2016 01-15, 3003 - WHITE GOLD - I awoke to a landscape covered with white gold. Several inches of soft white powder snow, the first of the season, arrived under the cover of darkness. The snow is an economic boost to the area and also a great value to our minds.



2016 01-16, 3004 - A TRAIL UNWALKED - There is something both inviting and mysterious about a snow covered trail in the woods where others have yet to leave their footprints. It implies that an adventure may be just ahead around the next turn. Some never dare to explore.



2016 01-17, 3005 - BIRCH BARK BIRD HOUSE - A friend of ours gathered birch bark from old dead trees off the land and over the holidays gave us a beautiful miniature birch bark bird house. It now serves as a special reminder of how Nature helps give back to those that honor her.



2016 01-18, 3006 - A STORMY DAY - There is something about a stormy day in the winter when there are no pressing outside duties. It is a time to sit back, to read, to write, or to just clear one's mind. When the storm clears we can emerge into the world again, with a clear view.



2016 01-19, 3007 - A GLOW IN THE SKY - Once the leaves have disappeared from the trees in the fall it is easier to see the almost daily glow from the rising sun as well as the setting sun reflecting on the mountains across the valley. That glow warms my heart as I gaze at Nature's spectacle.



2016 01-20, 3008 - INCH BY INCH - Sometimes we are buried with massive snowfalls of up to two feet and sometimes, like this year, the snow comes slowly, inch by inch, accumulating over time. Sometimes life moves by at a rapid pace and sometimes it is more gradual, inch by inch.



2016 01-21, 3009 - CAPTURING A FLEETING MOMENT - I caught a glimpse out the window of a stunning alpine glow. I grabbed my camera and ventured out into the ice cold morning and captured the image. By the time I reentered the house the mountain was dark again.



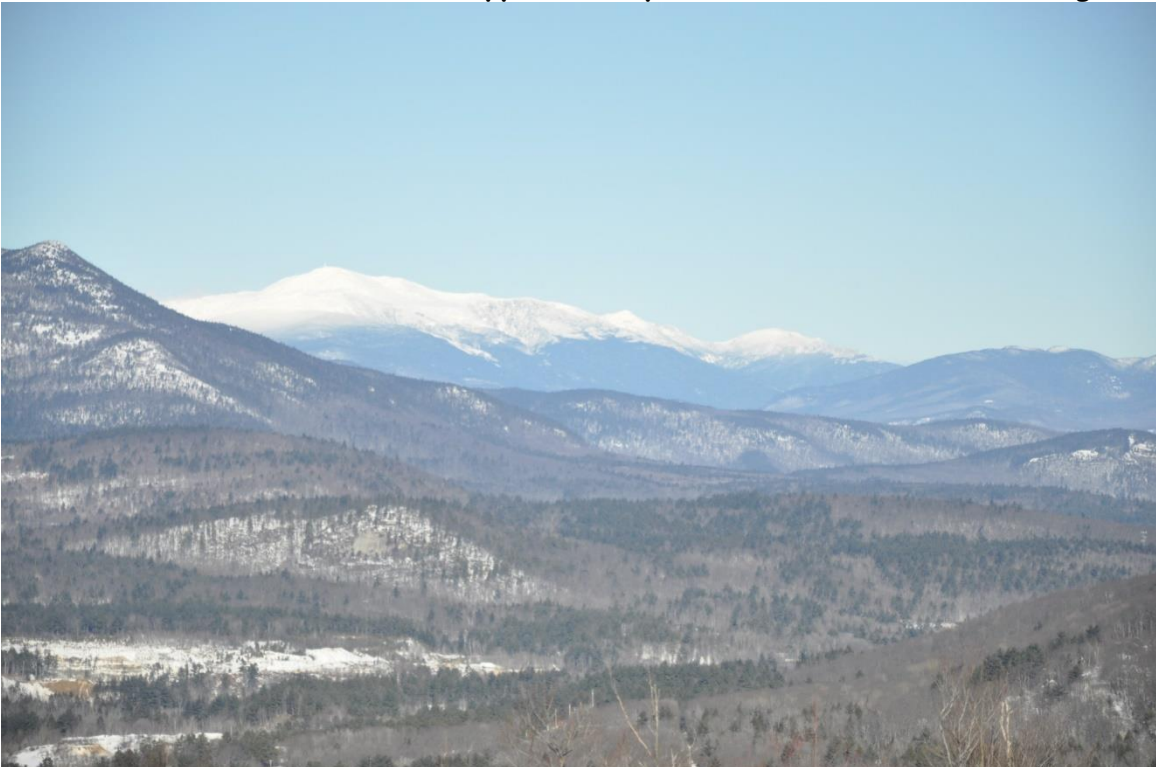
2016 01-22, 3010 - THE LIONS OF WINTER ROAR - It started as a low moan and built and built until finally the entire mountainside vibrated with the fierce roar of the lions of winter. We hunkered down, knowing the winds of change would sweep the lions away.



2016 01-23, 3011 - FRESH SNOW, OPEN WATER - This winter I have witnessed a scene I usually see close to spring. That is fresh snow and open water. Spring is a symbol of change, and I see this sign in winter as meaning our process of evolving has begun.



2016 01-24, 3012 - SNOWY PEAKS - I walked the well-traveled trail in the shelter of the woods. I could hear the brisk North Wind blowing, and when I reached the clearing, it stung my face. My bare hands felt the cold as I snapped some pictures. I returned home invigorated.



2016 01-25, 3013 - BIRCHES & BEECHES - A portion of the land was clear cut over twenty years ago before we purchased it. The trees have returned, and a section is covered with birch and beech trees growing close together. Sometimes ideas grow out of the mind in clusters.



2016 01-26, 3014 - HIKING A SHELTERED TRAIL - I could hear the winter winds blowing as I hiked a trail sheltered from their icy blast. I knew that I would soon step out into a clearing and feel their fury. I also knew that I would return to the calmness feeling refreshed.



2016 01-27, 3015 - FULL MOON WITH AN ALPINE GLOW - Just before sunrise, I admired the full moon as it was setting in the west as an alpine glow was spreading across the mountains. It was a spectacular sight and one that I am grateful to have witnessed.



2016 01-28, 3016 - PAUSING FOR A DRINK - I could see the footprints of the wild animals as they emerged from the cover of the woods and paused at the small pool of open water for a refreshing drink. I often pause to drink in the views I see when I am in Nature.



2016 01-29, 3017 - ACROSS THE VALLEY - From high on the ledge I can see the old farms across the valley. It is a place where, as an observer, I can get a perspective on the past, the present and the future, all at the same time.



2016 01-30, 3018 - CHANGING THE LANDSCAPE - I stood at the top of the clearing looking out at the changed landscape. I do not see the past in my mind, so to truly compare the changes I look at a photo from the past and from the present.



2016 01-31, 3019 - STUMP BIRD - The stump bird caught my eye and I searched for the best angle to capture its image for posterity. I so enjoy discovering Nature's art, shaped by the elements and the elementals that watch the land.



2016 02-01, 3020 - LOOKING THROUGH THE TREES - The view is different between winter walks and summer walks. When the leaves are gone, I can look through the trees and see the mountains across the valley. Life has different views if we take the time to look.



2016 02-02, 3021 - DRILLING DEEP - As I walked along the trail I spied a perfectly healthy looking tall pine that had been recently attacked by a pileated woodpecker. The bird had drilled deep into the core of the pine to find nourishment. We have nourishment deep in our souls.



2016 02-03, 3022 - ICY ART - Nature provides a constantly changing art exhibit. When the temperature is below freezing, I visit my icy sculpture gallery by just looking out the window and appreciating the display in the small stream that flows down the mountainside.



2016 02-04, 3023 - BLAZING SKY - The sky was ablaze with brilliant colors and I raced outside to spend a moment reflecting. It occurred to me that if I set my intentions while feeling this brilliance of Nature, then I am following my passion of seeking the best outcomes.



2016 02-05, 3024 - MONOTONES - In music a monotone is someone who sings the whole song on just one note. On a cloudy day in the winter I walk in a monotone world unless I take a moment to find some color to focus on. The color helps change my view of the day.



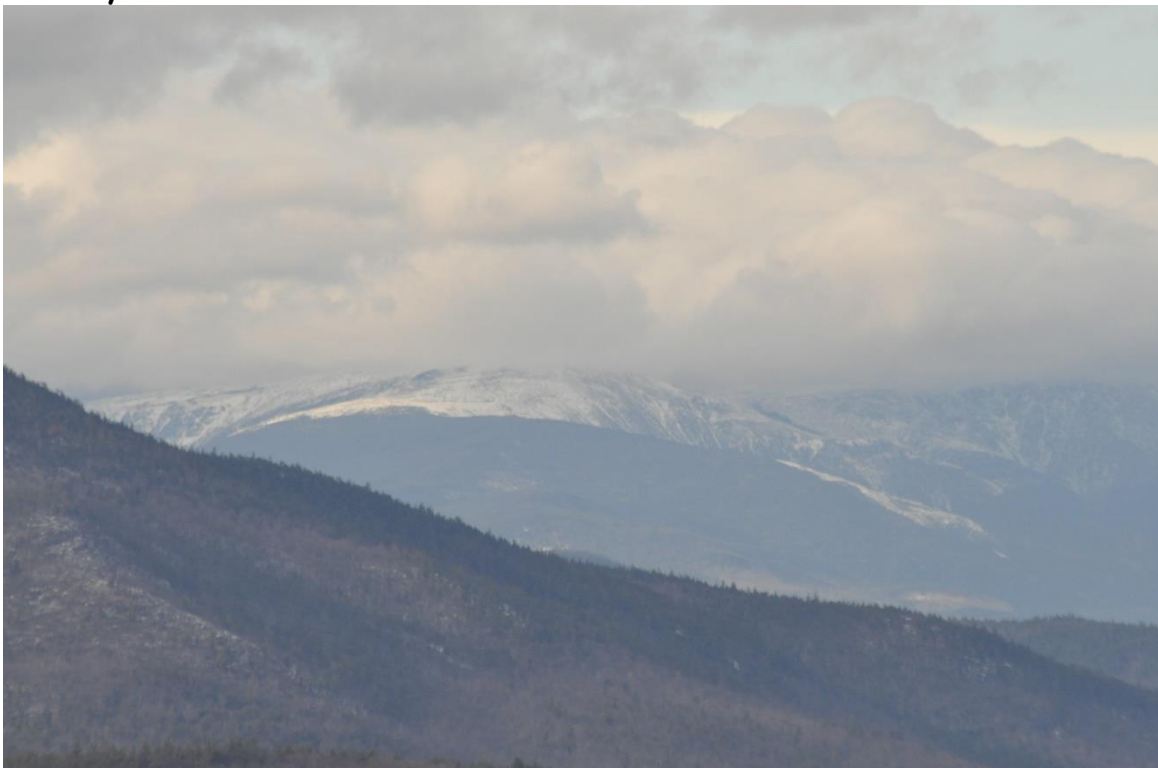
2016 02-06, 3025 - STAYING THE WINTER - Checking the cabin our friend built on the land recently I discovered that a large animal had made an opening underneath the backside. The hole is big enough for a bear to hibernate inside. I don't think I'll poke my head in to find out.



2016 02-07, 3026 - GROWING NEW BARK - The winter wind is helping peel away the old birch bark. A new layer grows as the tree expands in size. We are constantly going through the same process as we continue to grow spiritually on our soul's journey.



2016 02-08, 3027 - WINTER IS STILL ALIVE - It hasn't seemed it for a good part of the season, but winter is still alive. I can see it as it assaults the top of Mount Washington in the distance. We are often lulled asleep only to be rudely awakened by the unexpected. Gratitude nurtures positivity.



2016 02-09, 3028 - FOLLOWING WALLS - In the wintertime before the snow gets too deep, it is fun and enlightening to follow the stone walls as they wind their way through the woods. One wonders who built them and for what purpose.



2016 02-10, 3029 - FILLING UP BEFORE A STORM - Somehow the birds seem to always know when there is a storm coming. They come to the feeders in flocks to fill up on nourishment. When we fill up on Nature, we are spiritually feeding ourselves.



2016 02-11, 3030 - WELL WORN MOUNTAINS - Many of the smaller mountains bordering the valley look like round mounds, well-worn from the glaciers that first covered and then retreated from the landscape. Like the mountains, we are shaped by life.



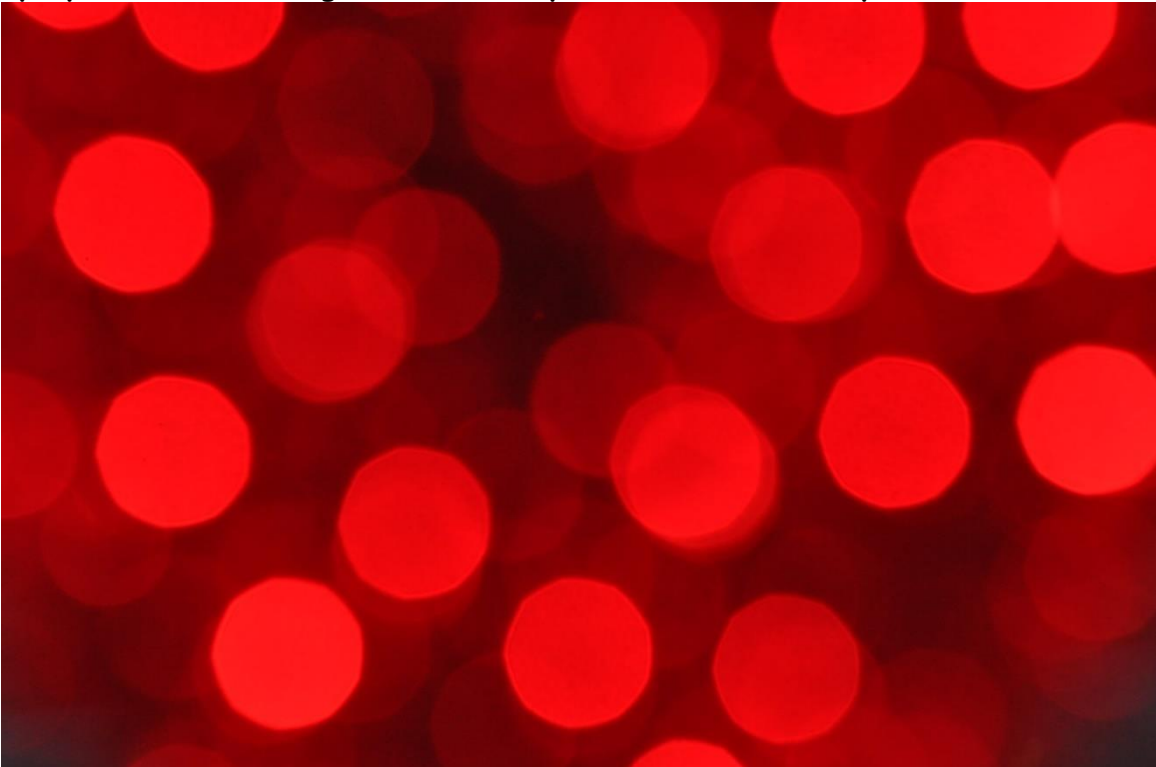
2016 02-12, 3031 - WHERE THE MOUNTAIN AND THE SKY MEET - One of my favorite places to pause and reflect is a spot at the top of the clearing where I can see where the mountains and the sky meet. We each have a place in our mind we are one with the entire Universe.



2016 02-13, 3032 - A SOLITARY HIKE - I love to hike a trail that has not been walked for a while, such as a trackless path coated with fresh snow. It is a time to be one with my thoughts and to connect to the vastness beyond daily interferences. We all have such a path in our lives.



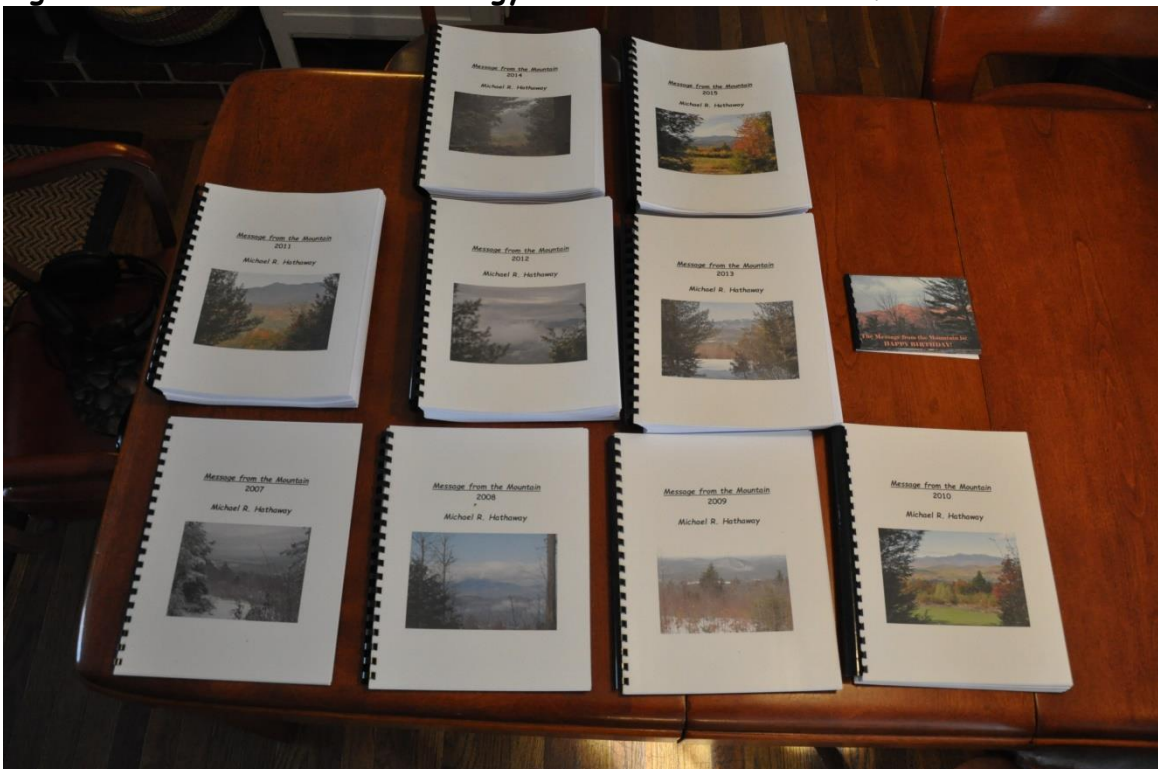
2016 02-14, 3033 - WHAT IS YOUR PASSION? - I often ask people, "What is your passion?" What I want to know is what gives them a purpose in their lives and if they are experiencing it now. Most people are still looking. The next step is to believe in the passion and trust it is real.



2016 02-15, 3034 - ICE COLD SUNSET - I watched the ice cold sunset from the window of our warm home. I knew that if I was to capture the moment I needed to venture outside. I decided it was worth the effort. Life's successes come from the willingness to step outside.



2016 02-16, 3035 - TANGIBLE EVIDENCE - My wife recently gave me an incredible gift of printed volumes of all of the Messages from the Mountain. I know that the words are not mine, but from a greater source. Words are energy that exists around us often unseen.



2016 02-17, 3036 - FROZEN MOTION - The recent harsh cold spell seems to have frozen the water in the brook while it was in motion. Sometimes we feel like life is frozen in place. Soon the weather will warm and the water will move again. The same is true of life.



2016 02-18, 3037 - WHERE WALLS MEET - The woods have many stone walls running through it. There are places where the walls meet and form corners. The corners might designate property boundaries or perhaps an entrance or an exit. I love to imagine.



2016 02-19, 3038 - LOOKING AT HISTORY - Everywhere I look from the top of the mountain I am gazing at history such as Cranmore Mountain and its historic ski trails. History is anything that is in the past from a minute ago to ancient travels of our soul.



2016 02-20, 3039 - TREE FACE - I saw a face growing out of the side of a tree. The sun accented its profile, and I wondered if my eyes were playing tricks on me or if something in Nature created it. Regardless of how it was accomplished, my imagination took over.



2016 02-21, 3040 - CLUES OF CHANGES AHEAD - I can see it in the lengthening daylight. I can see it in the swelling buds on the branches of the trees. There are hints of changes ahead as spring approaches the horizon. It is time to prepare to plant the seeds of success.



2016 02-22, 3041 - NATURE'S UNIQUE DESIGNS - The design of the bark on the tree looked as if it could be incorporated into textile or even wallpaper. I am often amazed at the incredible ability of Nature to produce such unique artistic creations.



2016 02-23, 3042 - LASTING EFFECTS - The land is still feeling the effects of the devastating ice storm that brought the area to a halt nearly twenty years ago. We can still see the tops of broken trees waiting for a strong wind to push them over. Yet the change brought with it hope.



2016 02-24, 3043 - COUNTING FACES - I often look for faces in clouds, the earth, and on the bark of trees. Sometimes there are several different faces in one place. For me this habit helps keep my mind active as I wonder if the faces are part of some grand design.



2016 02-25, 3044 - DIGGING UP THE VALLEY - The valley below has a vast deposit of sand left here by the moving glaciers thousands of years ago. It is now being dug up to meet the needs of many construction projects throughout northern New England. Changes happen.



2016 02-26, 3045 - WHERE THE WAGON RESTS - The old wagon has rested in the orchard for many years waiting to be restored. I'm not sure yet when that will be, but I trust the power of my intentions.



2016 02-27, 3046 - THE LEANING TREE - There is a tree leaning over the trail that is being held up by other trees. It is still alive, but its root system has failed to hold it upright. I wonder what treasures buried underneath its trunk will be exposed when it finally falls.



2016 02-28, 3047 - PUSHING THROUGH - It is the time of year when the plants that have hibernated all winter are summoning their energy to push up to the surface of the ground. Many people feel this energy and respond by pushing their projects for the new season to fruition.



2016 02-29, 3048 - EVENING GLOWS - I often speak of the morning alpine glows that turn the mountains pink, but we also have evening glows that can bring a positive and peaceful end to the day, filling my heart with gratitude for the many gifts that Nature offers.



2016 03-01, 3049 -LONG SINCE FORGOTTEN - The old sap bucket still hangs on the tree where it was fastened many years ago. For some reason it was overlooked at the end of the tapping season. Forgotten dreams like the maple tree can always be tapped into again.



2016 03-02, 3050 - A MARCH VIEW - When the calendar page flips to March regardless of what the weather is outside, people begin to focus on spring. Winter dreams now have the opportunity to manifest themselves into concrete reality.



2016 03-03, 3051 - A MATTER OF TIMING - I was reminded again as I observed a twice-a-year event when the setting sun shines through the sun in our leaded glass window, that life is all a matter of timing, and I wonder if there is a greater scheme to it all.



2016 03-04, 3052 - SEEING THE ENERGY - Recently on a winter's walk along the ocean's shoreline, I watched the energy of the wind create a mist that was colored by the sun's rays causing a rainbow effect over the water. I was reminded of the unseen energy that is always around.



2016 03-05, 3053 - EVER CHANGING EXHIBIT - I live in an ever-changing art exhibit created by Nature. The ice sculptures in the brook are constantly changing this time of year. To visit the exhibit, all I need to do is open my eyes and observe.



2016 03-06, 3054 - WAITING FOR A HIKE - I had to smile the other day when I prepared to take a hike on Kyle's Trail. Waiting at the sign post were several of Nature's walking sticks ready to spring into use to aid walkers up the incline ahead of them. Someone cared to help.



2016 03-07, 3055 - WANING SEASON - Winter is waning. The seasons are changing. I wonder how many people don't even notice. Nature is a wonderful way to re-connect again.



2016 03-08, 3056 - COATED BRANCHES - There is something about a fresh coat of snow on evergreen branches, regardless of whether it is fall, winter, or spring that symbolizes a fresh start to me. It is as if my mind has the opportunity to look at something old in a new way.



2016 03-09, 3057 - RECEDING SNOW - The snows of winter are beginning to recede in places where the bright spring sun melts it away. It is a time of change for all of Nature including humans. It is a time to embrace our ancient knowing in our soul.



2016 03-10, 3058 - THERE IS ENERGY IN THE MOUNTAINS - There is some kind of energy here in the mountains that has drawn star travelers and mankind since the beginning of earth. It drew me here as it continues to bring gifted people seeking to spread the light.



2016 03-11, 3059 - SWIMMING UPSTREAM - When I first decided to do a podcast on the old log, I was unaware of the outline of the animal to the left that was swimming upstream in a flowing river. I was reminded that sometimes to get to where we are going, we swim upstream.



2016 03-12, 3060 - MARKING THE CORNERS - The old pipe I recently found sticking out of the snow serves to mark a corner of our property. It serves to let me know if I am walking on the path that is right for me. Just as on the land, life has markers to guide us on our walks.



2016 03-13, 3061 - SPRING REVERBERATES - The sounds of spring are reverberating through the valley. The little brook roars and the ravens declare the season's change at the top of their lungs. Life returns with a rush of activity. Life springs eternal in our souls.



2016 03-14, 3062 - MAKING WAY FOR THE NEW - Every winter the old bark on the young birch trees starts to shrivel away making way for the new growth underneath. When our ideas start to grow, they push out of our unconsciousness making way for new growth.



2016 03-15, 3063 - MOOD SWINGS OF SPRING - Spring has many mood swings. Just when you think the gentle warmth has melted away the snow, the white returns again. Spring goes hand in hand with life. There is always something in spring to be grateful for.



2016 03-16, 3064 - NATURE'S PORTHOLE - I found a porthole in nature where I can look into the mystical world beyond. All I have to do is open it and I am there. The bent tree limb symbolizes to me what I know in my mind.



2016 03-17, 3065 - IN SEARCH OF THE GREEN - I went in search of the green of spring to help celebrate St. Patrick's Day. I found it in the moss and Mayflower leaves. They symbolize the promise of warmer and greener days ahead.



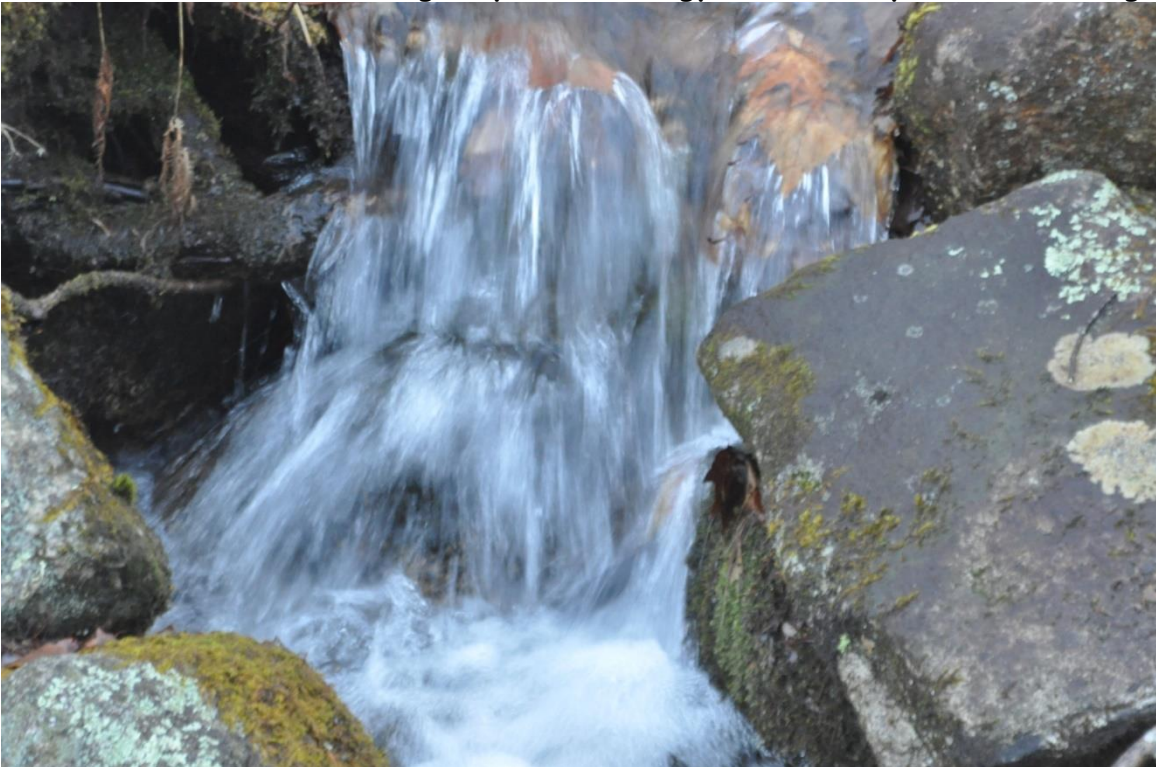
2016 03-18, 3066 - A MARCH SUNRISE - In a year where the snow has exited earlier than normal a March sunrise promises a day filled with adventure as I investigate the bare ground to look for evidence of new growth. It is a time of excitement and hope for the future.



2016 03-19, 3067 - THE IMPORTANCE OF NATURE - Nature has always been an important aspect in my life from the time I was a small child. Now I realize that being in Nature is one of the best ways to ground myself. There the nature of life flows through me.



2016 03-20, 3068 - LIQUID MOVEMENT - The rushing water over the little waterfall reminded me that life can feel as if it is flowing by fast, out of control. The solid ground at the water's edge symbolizes that when we feel caught up in the energy, we can step out onto solid ground.



2016 03-21, 3069 - SPRING KITTENS - The spring kittens have come out to play. I discovered them dancing in the breeze. My heart skipped along as soft fur glowed in the sunshine. We all will have a chance to play together in the days to come.



2016 03-22, 3070 - ANOTHER GOLDEN SUNSET - Once again, as I have been countless times, I was drawn to venture outside to observe and celebrate another golden sunset. However, the gold was much more valuable than any found in jewelry or coins. My heart was enriched.



2016 03-23, 3071 - TIMBER STAND IMPROVEMENT - When I heard chainsaws on my trail walk, I went in search of the source of the sound. I found two men walking through the trees cutting away the undesirable wood in order for others to thrive.



2016 03-24, 3072 - CLOUD BRIDGE - I saw a bridge in the clouds. It connected one puffy white formation to another. It provided an opportunity for my mind to explore the vastness of my imagination, and then I returned to walk the paths of earth.



2016 03-25, 3073 - QUARTZ PYRAMID - The tiny piece of quartz that has sat on a windowsill for a while reminded me that the mountain has large deposits of quartz filled with energy, and it attracts people from all over to visit this special land. Many years ago we got the call.



2016 03-26, 3074 - I'M CONFUSED - Today I am putting my mind in the mind of a daffodil and thinking what it might say. "I'm confused. I thought it was spring and now we have snow again." I know that soon the warmth will return and we will all be ready to open our flower buds.



2016 03-27, 3075 - ON A HILL FAR AWAY - I was reminded of an old hymn that starts out with the words "on a hill far away" when I came across an old Podcast photo recently. Won't it be wonderful when finally all religions and races come together for true peace?



2016 03-28, 3076 - SHOWING OFF FOR THE GIRLS - The tom turkey showed his stuff as he strutted across the grass, showing off for the girls in his flock as mating time comes to the mountains. His ego and pride took center stage. Life has a lot more than ego to it.



2016 03-29, 3077 - SUNSHINE THROUGH THE CLOUDS - It had been a grey cloudy day until late afternoon when I spotted a golden glow in the sky. The sun was shining through the clouds and I was reminded again by Nature that there is always a light waiting to shine.



2016 03-30, 3078 - MISTY SPRING MORNING - The rain was due to begin within an hour or so and I hurried up to the orchard to walk the trails before it started. It was a misty spring morning and I was one with the mist and beyond. I am grateful for the experience.



2016 03-31, 3079 - INVASION OF THE ROBINS - Our front lawn had an invasion of robins the other day. It is further proof that spring is really here. Soon they will be pairing up and building nests. To me the robins signal that life is alive with promise.



2016 04-01, 3080 - WAITING FOR THE GREEN - I was aware that something was missing as I gazed at the magnificent white mountains across the valley. There was no green in the valley. Spring has not yet sprung. Right now I just enjoy what I see in the distance.



2016 04-02, 3081 - IT'S NOT EASY BEING A CROCUS - Being the first flower of spring is not an easy job. A crocus is often bombarded with snow and cold weather after it has poked its way upward from its winter sleep. Still it perseveres until it blooms.



2016 04-03, 3082 - A DELICIOUS SURPRISE - We returned home recently to find a delicious treat waiting at our door. It was three pints of fresh maple syrup. The sap partly was harvested from trees on our property. Nature provides delicious treats for our minds every day.



2016 04-04, 3083 - CHOCORUA FROM THE ORCHARD - The view of Mount Chocorua is one of the first things to greet me when I walk over the rise into the orchard. I know when I am there that I am free to journey in my mind far away from the world below.



2016 04-05, 3084 - APRIL FOOLISHNESS - April is really a very foolish month. First the temperature can be close to seventy degrees and the next day it can be snowing. Regardless of how crazy the weather may be, there is always something about it that is unique.



2016 04-06, 3085 - SPRING SNOW ON GRASS - Sometimes it seems as if spring is one step forward and two steps back when we are suddenly thrust back into winter again. Life can feel the same way. I look for positive signs, like green grass under the snow.



2016 04-07, 3086 - FEEDING FRENZY - It was one of those days when the birds were having a feeding frenzy. There was not enough room on the feeders to accommodate them all as they jockeyed for position. People are like the birds, trying to feed on the latest and greatest until they move on.



2016 04-08, 3087 - RAIN DROPS ON LILAC BUDS - Signs of spring are everywhere. Recently I saw drops of rainwater on a lilac tree that was decked out in green buds ready to burst forth as the days get warmer. My heart sings with eternal hope.



2016 04-09, 3088 - BLUE OUTLINE - I could see the massive blue mountain as it stood before me across the valley. I have watched its many moods over the years, and I am in constant awe of its magical presence.



2016 04-10, 3089 - SPRING BEAUTY - There is something to look forward to discovering every day in Nature, especially during the springtime. Currently it is the fragrant tiny Mayflowers that brighten my day. I wonder what I will discover next.



2016 04-11, 3090 - DRAMA IN THE WOODS - Over the years I have observed many different wild animals pass through the woods beyond the brook including a recent two hour standoff between two male turkeys. All of life has some sort of drama in it.



2016 04-12, 3091 - ROSY SKY - Although April started out with the promise of an early spring, winter was determined to still keep an icy hand in the mix. I found inspiration in a rosy sky and I know the warmth in my heart that I feel will be the warmth of the land.



2016 04-13, 3092 - LAZY MORNINGS - There is something about a lazy rainy morning when I do not have a waiting deadline that lets me adjust to the physical world around me at a pace that is very comfortable. Then again, whatever the day outside is like, that is always my goal.



2016 04-14, 3093 - LOOKING FOR WHITE TAILS - In the fading sunlight we silently walked up the road to the orchard and from there over the trail to the clearing. We were looking for white tails. Suddenly we caught the flash of two bounding deer. We felt honored.



2016 04-15, 3094 - RED GLOW - As I gazed out over the landscape, a red glow caught my eyes at the edge of the clearing. My heart danced with gratitude. I had been waiting for this sign of spring for what seemed a long time. The trees are in full bud.



2016 04-16, 3095 - CHILLY STARTS - Spring often arrives with a great variance in the temperature between the nights and the days. So it was as I observed a ripple of ice on the puddle of water in the orchard. I knew that soon the warmth of the day would melt away the chill.



2016 04-17, 3096 - COLORING UP - The mountainside is beginning to color up. The trees, the grass, the plants and even the male birds, such as the Gold Finches are now sporting the dress of spring. Nature inspires us by adding color to our lives.



2016 04-18, 3097 - MEETING PLACE - It felt like a meeting place: the shore, the river, the ocean, the waves, and my soul came together to mesmerize me. My mind cast off to sail the great ocean of all time.



2016 04-19, 3098 - SURVIVING THE WINTER STORMS - Last fall we noticed a shoe posted on a long piece of driftwood at the edge of the ocean. It stood upright reminding me of a flagpole. It was still there several months later. It had survived the storms of winter. So have we.



2016 04-20, 3099 - FLOWER POWER - I felt the powerful energy of a beautiful daffodil blossom soaking in the morning sun as I went in search of the next phase of spring. I heard the upbeat forecast symbolized by this flower that days of more beauty are just ahead.



2016 04-21, 3100 - SOFT SKY - The pink streaks flowing across the sky reminded me of the softness of spring. It is a time of new growth and new hope. It is a time to dream of the warmer days ahead and prepare ourselves to honor our positive intentions.



2016 04-22, 3101 - SUNSHINE ON FROG EGGS - The bright sunshine reflecting off a ball of eggs floating in the frog pond caught my eye, and I was reminded again that we are in the season of tender growth. It is a time to nurture our ideas and guide them to reality.



2016 04-23, 3102 - POWERING UP - Now that the snow is gone I have a chance to rediscover some of my favorite places on the mountain. One such place, a special energy spot, is situated on top of a quartz crystal ledge. I can feel myself powering up with the life force of the land.



2016 04-24, 3103 - IMPRINTS - We discovered a disturbance in the earth on the road to the orchard. On further investigation it was a footprint of a large moose. If it had not been for the evidence, we would have not known it had passed by. Reality is often unseen.



2016 04-25, 3104 - BATHED IN EVENING SUNLIGHT - I approached the clearing in the shadows and suddenly stepped out into a golden bath of evening sunlight. My heart danced as I looked for tender lupine plants growing in the field. Gratitude was everywhere.



2016 04-26, 3105 - WHITE MIRACLE - I woke up this morning to find a white miracle coating the ground. A late April snow has put an end, a least for the moment, to the extreme dry conditions that the mountainside had been experiencing. Miracles come in many colors.



2016 04-27, 3106 - SEEKING DIVINE INSPIRATION - Nature is one of my greatest sources of divine inspiration. I know that whether it is enjoying a view of the mountains, the ocean, or a single blade of grass; I will be guided to know what I need to know.



2016 04-28, 3107 -SPRING RITUALS - It seems as if our lives center on rituals, acts or events repeated over and over again, happening throughout the year. The first spring ride up the mountain in the Cat is one of them. Life is a ritual of discoveries no matter what time of year.



2016 04-29, 3108 -DISPARITIES - I saw the disparities in nature when I took a picture of the golden forsythia standing tall surrounded by a blanket of white snow. The two seasons were out of sync with each other. That is, until I saw it from a different perspective.



2016 04-30, 3109 - ADDING COLOR - As spring progresses across the mountainside, more colors are being added to its palette. An old perennial friend planted at the Center over fifty years ago and transplanted here is the latest to shine. We can color our lives with both old and new.



2016 05-01, 3110 - READY TO WORK - I leaned the clippers up against some birches growing beside the old cemetery and went for a walk. When I returned, I chuckled at my tool waiting patiently, ready to work. I clipped awhile and connected to Nature, my therapy.



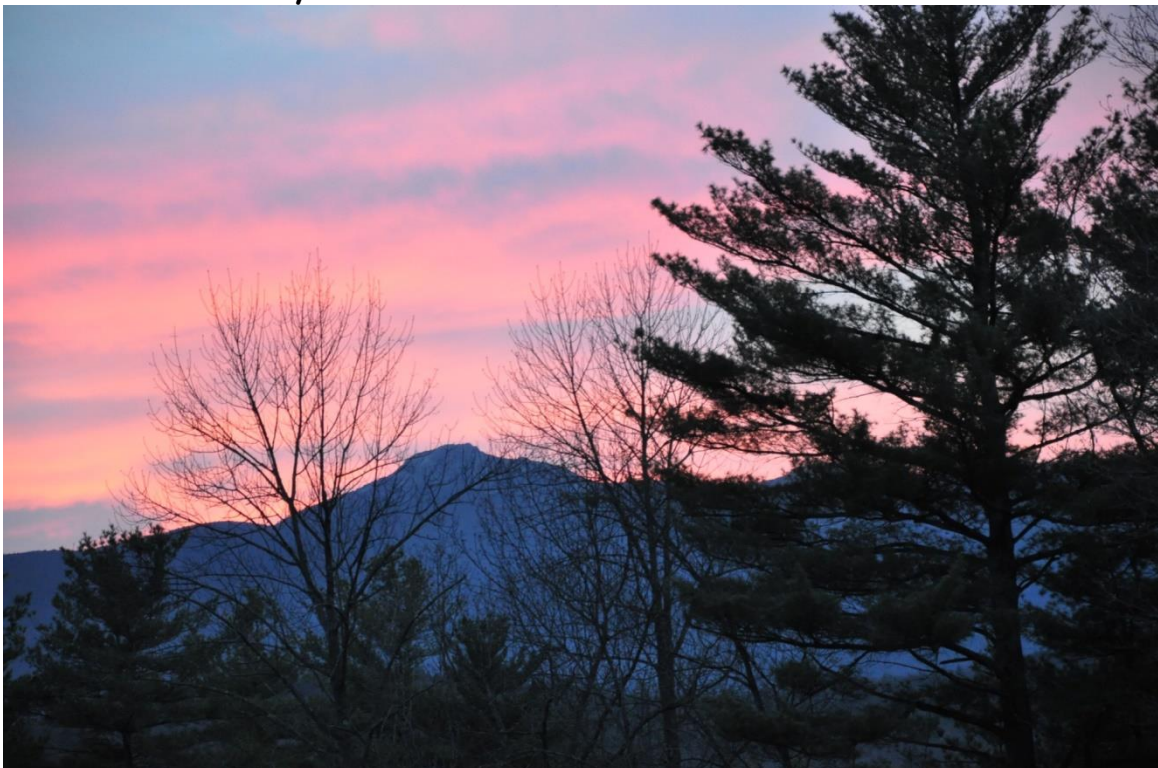
2016 05-02, 3111 - THE LUPINE ARE ON THEIR WAY - I can now see the lupine plants becoming stronger and taller every day in the old portion of the field on top of the mountain. It won't be long before a sea of blue blossoms greets me. My heart is grateful.



2016 05-03, 3112 - THE GREAT ONE - Every time I walk into the clearing on top of the mountain I see the *Great One*, Mount Washington, standing tall and proud in the distance. I realize that people travel hundreds of miles to see this sight while others live here without seeing it.



2016 05-04, 3113 - PINK AND BLUE - The sky is never the same. Nature continually amazes me with its ability to create anew. The pink sky above the blue mountain reminded me again that life is a constant flow of creativity.



2016 05-05, 3114 - MORNING GUEST - I caught the glimpse of a dark gray-brown shape as it crossed the lawn and entered the open woods. We had a morning guest eating breakfast on our front lawn. I often see the signs but not the animal. Life has a lot of unseen in it.



2016 05-06, 3115 - BEFORE THEY GO - I paused to visit my old flower friends that bloomed for nearly the whole month of April, before their blooms were gone until next year. I thanked them for standing strong against the late spring snows. They have taught me much.



2016 05-07, 3116 - STUMP ART - Some trees do not live as long as others. I spotted a broken trunk only a few inches in diameter and marveled at the way Nature had created an artistic masterpiece by covering the surface with intricate new lacey growth. Life is beautiful.



2016 05-08, 3117 - DELICATE GROWTH - The delicate tiny leaves on the maple trees are beginning to form and soon will spread a blanket of cover over the landscape. Ideas grow the same way. At first they are fragile, and as we let them grow, they become concrete reality.



2016 05-09, 3118 - A FACE IN THE ROCK - It wasn't until I looked at a picture that I had taken of a rock that had an interesting design on it that I saw an image of an animal, possibly a dog or a wolf. My wife saw a goat. Images of faces can mean something different to each of us.



2016 05-10, 3119 - A RARE TREAT - A flash of red caught my eye, and I discovered a pair of Cardinals flitting around the old stone wall. It was a rare treat because we don't see these beautiful birds very often. For others they are not rare at all. There is always something rare to discover.



2016 05-11, 3120 - TURNING OF THE TIDE - It was a breathtaking scene, composed of the early morning sunrise at low tide. I knew that soon the ocean would return. I was reminded how life can turn when we experience our world through love and gratitude.



2016 05-12, 3121 - A BIRD IN THE BUSH - I watched the robin perched in the bush on a sunny morning. It has the freedom to fly wherever its wings will take it. A bird in the hand to me represents ideas in our minds that never have the freedom to manifest unless released.



2016 05-13, 3122 - TINY AFFIRMATIONS - I caught a glimpse of blue and then a saw a tiny white blossom; my heart filled with a warm gratitude as I observed the springtime process of nature. Those tiny affirmations of beauty help create a day of positivity.



2016 05-14, 3123 - STUMP PLANTER - I did a double take when I noticed a small tree growing out of a hollow stump. Nature must have planted it there. To me it is another reminder that there are many ways to grow, both in Nature and Life.



2016 05-15, 3124 - EXHALE - I watched a cloud morph into a face that looked as if it had exhaled a puff of energy. I was reminded that when we breathe in unconditional love and gratitude from the earth and the sky and then exhale it, we are sharing a very special energy.



2016 05-16, 3125 - TULIPS - I searched for the right words to describe the beautiful bed of flowers and I finally settled on simply calling the picture "Tulips". Sometimes words can't adequately describe what we feel about the beauty of Nature.



2016 05-17, 3126 - STUMP WITH EARS - Gazing into the woods I could see a black stump. As I studied it more the stump moved and I could see it had ears. It was a black bear that had been napping near some tall pines. It's amazing what we often goes unnoticed in life.



2016 05-18, 3127 - GREEN LEAVES AND SNOW - Mid May snowsqualls covered the mountain peaks just as the green leaves on the trees in the valley were beginning to shade the landscape. The seasons blended together to create an inspiring portrait of Nature.



2016 05-19, 3128 - STANDOFF AT THE BIRD FEEDER - I watched two finely dressed males having a standoff at the birdfeeder. Neither one wanted to share the sunflower seeds. It reminded me of people who do not want to share their ideas with others for the greater good.



2016 05-20, 3129 - SHARING THE PARKING - The sides of the parking lot are lined with timber selectively cut from the mountainside. It is the practice of thinning out the old to make room for new growth. In life it is good to set aside some of the old to make room.



2016 05-21, 3130 - APPLE BLOSSOMS - The apple blossoms are in full bloom and the bees are enjoying the sweet nectar as we enjoy the fragrant smells. There is something old fashioned about apple trees. They are connected to my soul.



2016 05-22, 3131 - THE HILLS ARE GREEN AGAIN - The hills are green again. The life force of spring has arrived with all its beauty. My heart sings with gratitude for the beauty of life that unfolds in front of me.



2016 05-23, 3132 - WILD BLOOMS - Joining the beautiful parade of fruit tree and shrub blossoms are the wild blooms of Nature. As I walk the land and breathe in the fragrant smells, my heart joins in this beautiful dance of spring.



2016 05-24, 3133 - NEW VIEW - The loggers have created a small clearcut near the top of the mountain that provides a new view of Mount Chocorua. The clearing will grow in in a few years as the forest rejuvenates itself. New views in our mind can last a long time.



2016 05-25, 3134 - PURPLE LILACS - For many years we only had white lilacs, but over time the purple ones have grown and now we have an abundance of these delicate, fragrant, and beautiful blooms. What joy they bring to many lives during their short season.



2016 05-26, 3135 - THE CRABAPPLE TREE IN BLOOM - When my wife retired from her job twenty plus years ago she was given a small crabapple tree. Over the years it has grown and matured and now is covered with beautiful blooms each spring. Intentions can mature slowly.



2016 05-27, 3136 - CORNER OF THE ORCHARD - One corner of the scraggly orchard has three or four healthy trees. I love to see and smell the blooms in spring and dream of a possible pie in the future. Dreams are realities waiting to manifest.



2016 05-28, 3137 - A HUNDRED FACES - Every time I venture out onto the land, I see something such as an old stump that has many images contained within it. My mind can find guidance in what my eyes see in nature.



2016 05-29, 3138 - LUPINE SPIKES - It won't be long now. Soon our field of dreams will be filled with beautiful purple flowers. I remember when it was in the middle of the forest. To me it is proof that a dream can be a reality when we simply believe.



2016 05-30, 3139 - REMEMBERING - Lilacs bring back special memories to me of Memorial Days of my childhood and watching my father and other veterans proudly marching to the cemetery to honor their fallen comrades. After taps lilac blooms were cast into the lake.



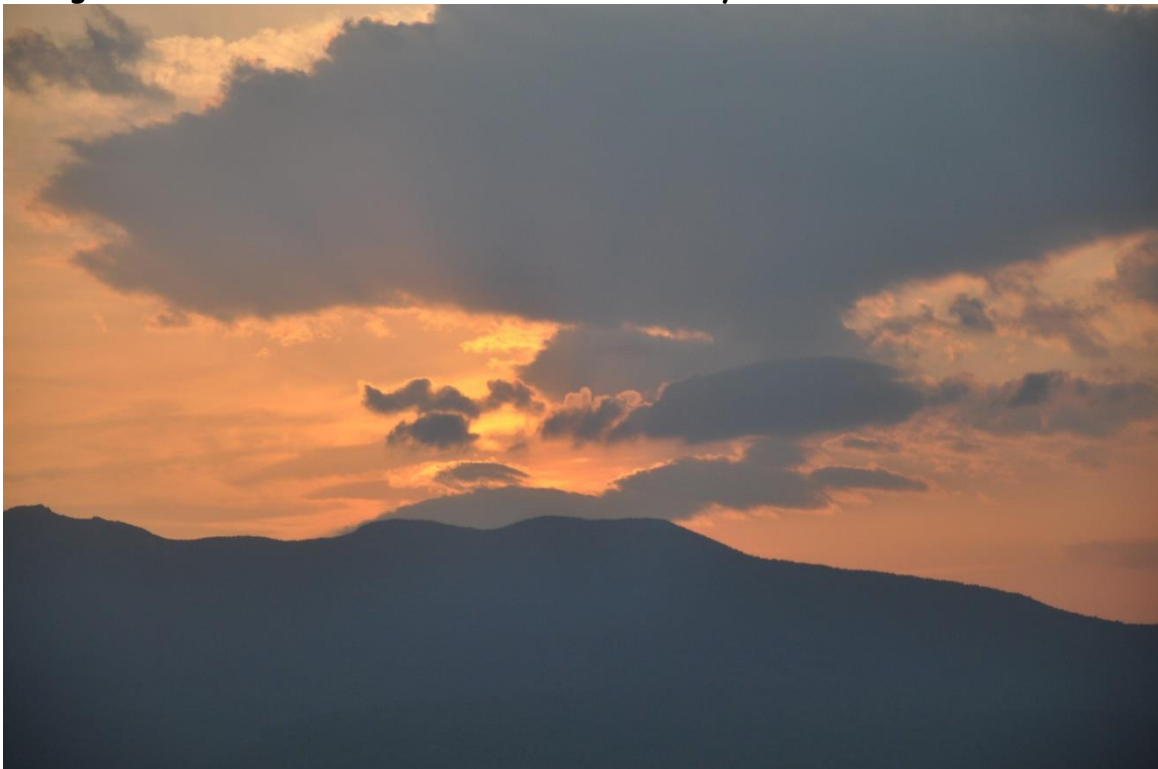
2016 05-31, 3140 - GUARDING THE SPACE - The tiny hummingbird guards its food source as if it was engaged in a life and death battle. It waits on a branch for a competitor and then dive bombs it. Some of us are like the hummingbird when we do not need to be.



2016 06-01, 3141 - TIME FOR THE LADIES - It is time for the ladies to visit the mountain again. It is always a special occasion when they appear dressed in their finest pink outfits. We like to search for them, keeping count as we go, as we celebrate the beauty of Nature.



2016 06-02, 3142 - A BLAZE IN THE SKY - Just when I think I have seen the best of the best sunsets another one comes along that tops the last. Perhaps it's just the pure joy of actually being there and being one with the Cosmos that is the real beauty.



2016 06-03, 3143 - RHODIE - This is the first year that we have enjoyed several pink blossoms on the rhododendron shrub at the Center even though they are currently hidden behind the log pile. I am reminded that there are magical things to find just beyond our sight.



2016 06-04, 3144 - PREVIEW TO THE BIG SHOW - I have been anticipating the upcoming event since the snow melted this spring. I have witnessed the slow steady growth of the lupines and now they are ready to strut their stuff on the big stage. Many small events lead to a big one.



2016 06-05, 3145 - FLAGS OF DIFFERENT COLORS - Flags are flying all throughout the valley. There are patriotic flags for the holidays and open flags for the tourists. Nature is flying its flags also. The blue flag and yellow flag stand tall proudly displaying their colors.



2016 06-06, 3146 - A FLASH OF RED - A flash of red greeted me as I walked to the ledge lookout. I was expecting it to be there as it had for several summers before. Still, I paused and marveled at the small intricate flowers of the wild columbine. Gratitude flashed through my heart.



2016 06-07, 3147 - THE NEW FIELD - The new field that was created late last summer is now a sea of fresh green grass that swings and sways and shimmers as waves of light breezes and sunlight pass over and through it. My dream of the past is alive and well.



2016 06-08, 3148 - ON WITH THE MAIN SHOW - The main show that Nature has been preparing for several months is now taking place on the mountainside. The beautiful lupines that were only a dream a few years ago dot the landscape. It is a manifested reality.



2016 06-09, 3149 - JACK IS BACK - A few years ago my wife discovered a jack-in-the-pulpit growing under an old pear tree. She put a fence around it to protect it, and it has come back for a visit every year. I am grateful Jack has graced us with its presence.



2016 06-10, 3150 - HERE COME THE BRIDES - The bridal wreath is in full bloom, right on schedule for June weddings. It is a time for all of us to think of how we blend our own gifts and talents with others to create a positive mixture for the future.



2016 06-11, 3151 - FAVORITE PLACES - There are places in my memories of my childhood and places I enjoy visiting now that are etched in my mind as being very special. A favorite place to disappear to either in person or in your imagination is very important for your soul.



2016 06-12, 3152 - I HAD A DREAM- I had a dream a couple of years ago where I watched a race from the top of the mountain. There were different types of vehicles on the course including the winner, a tractor trailer truck. The track is now real and so is the dream.



2016 06-13, 3153 - A PERFECT LUPINE DAY - The weather was cool, the sky was filled with puffy clouds, there were no bugs, and the lupines were in full bloom. My wife and a friend sat on the bench at the top of the mountain enjoying the view. Any moment can be perfect.



2016 06-14, 3154 - ONE MORE VIEW - I keep going back for one more view before the lupines are past their prime. Every time it is different and every time I pause with heartfelt gratitude that this is all real. I am sure you have a view that deserves another look.



2016 06-15, 3155 - SUMERTIME BLUES - Summertime Blues isn't a sad song, it is a celebration of the many different shades of blue that I find in the flowers that color the landscape this time of year. The song that plays in my heart is one of gratitude and joy.



2016 06-16, 3156 - CREATING A BALANCE - The wildflowers growing with the grass and clover in the field help create a balance of and for nature. There is nourishment for the animals, insects, and birds as well as a visual and spiritual balance for human visitors.



2016 06-17, 3157 - LEMON FRESH - There is nothing like the freshness of a lemon just after it has been cut into. There is nothing like the freshness of a yellow daylily in the early morning sun. There is nothing like a lemon fresh grateful start to every day all year long.



2016 06-18, 3158 - SKIDDER ROADS - The mountainside has some new skidder roads for the loggers to bring out the mature wood. Logging has been taking place on the property for over two hundred years. In life we create inroads to achievements. To harvest we need to use them.



2016 06-19, 3159 - PINK CLOVER - The pink clover blended with the grasses and wildflowers in the field provides an access point to soar through the Cosmos in my mind's eye for a timeless adventure.



2016 06-20, 3160 - DEEP BLUE - There is something about the color deep blue that causes me to think of depth. It reminds me of the deepest oceans, deep space, and the inner most recesses of my subconscious mind. Deep blue is where the mystery of life resides.



2016 06-21, 3161 - SUMMER CALLS - The summer is calling to me with warm nights and hazy lazy mornings. Summer smells differently and it seems as if the pace of life has slowed as the summer sun shines down with its warm rays. Summer is like an all too short dream.



2016 06-22, 3162 - HIDDEN IN THE GRASS - We saw two tall stalks sliding through the grass in the field. As we got closer a flurry of tiny wings let us know that we had flushed a brood of turkey chicks hidden in the grass. It was another precious moment in Nature.



2016 06-23, 3163 - ROYAL TREAT - I received a royal treat the other day when I found myself in the company of Queen Ann's Lace. I tasted the beautiful scene in front of me with my eyes and captured it with my camera to remind me of the joy I felt in her company.



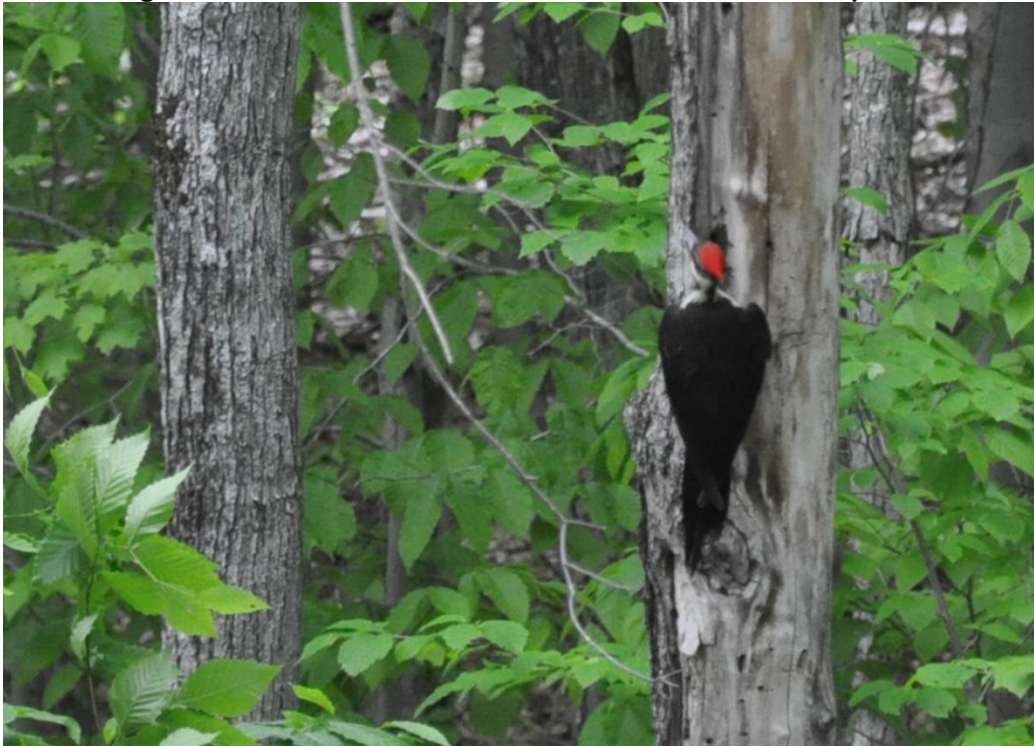
2016 06-24, 3164 - A WISH ON AN IRIS - I said a wish on an iris that people have the chance to experience with beauty, love, and gratitude the feeling of connection to all I receive when experiencing Nature. I know that wishes and intentions are reality waiting to manifest.



2016 06-25, 3165 - FOXGLOVES - To me one of the most beautiful wildflowers is Foxgloves. Their seeds float in the wind and find a fertile piece of ground exactly where Nature wants me to take in and share their quiet and yet powerful energy.



2016 06-26, 3166 - A BIG BOY WITH A BIG APPETITE - I watched the Pileated Woodpecker dig a deep hole in the nearly dead maple tree. Its desire to find food reminded me of how many people today are seeking to look below the surface of life in search of spiritual food.



2016 06-27, 3167 - SUMMER WANDERINGS - I love to wander through the orchard, along the trail that leads to the open field on a warm summer's morning or evening. It is like walking in a dream as my mind drifts lazily through space and time.



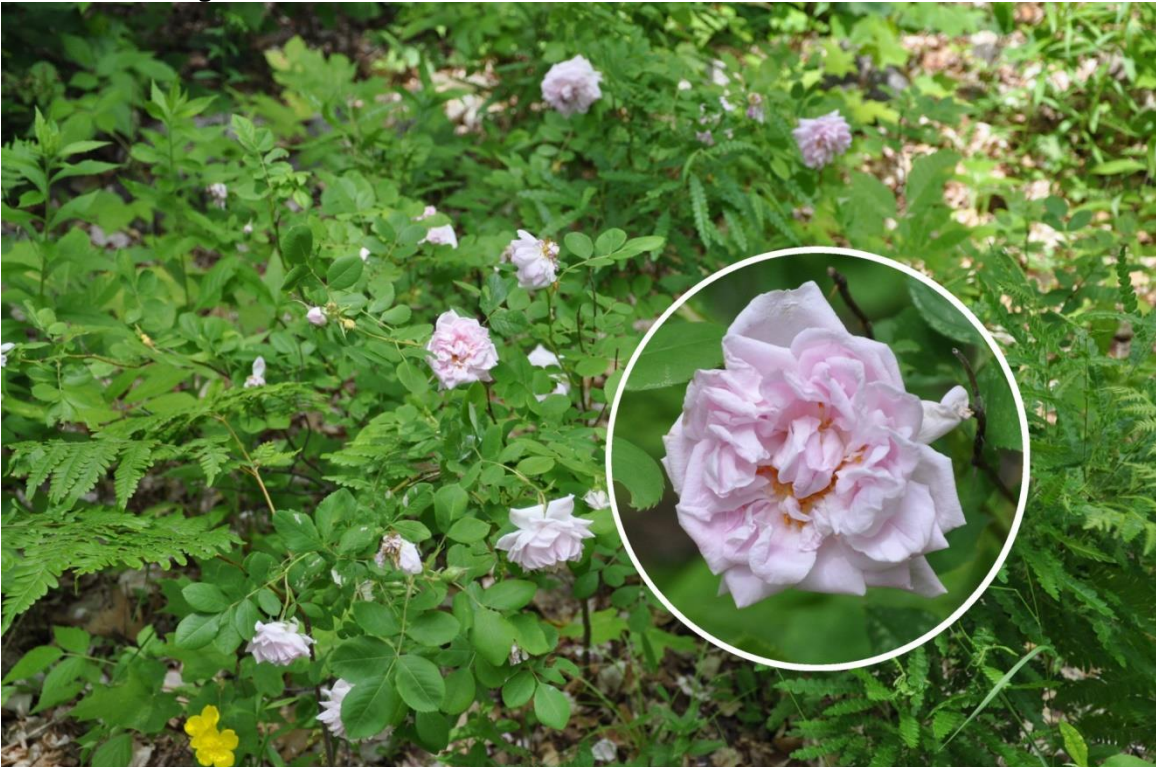
2016 06-28, 3168 - PINK DELIGHT - The delicate flowers I encountered on a recent walk along the coast of Maine gave me a moment of pure pink delight as I paused and felt gratitude for that special moment in time. Then I continued along my path of discovery.



2016 06-29, 3169 - A MAJESTIC MOUNTAIN - I have spent a good part of my life within view of a majestic mountain that still takes my breath whenever I am in its presence. I'm not sure when this relationship began in my soul, but the connection is very powerful.



2016 06-30, 3170 - ROSES - My sister gave me a rose bush many years ago that has survived over time, and this year is adorned with beautiful pink blossoms. Far beyond the connection to my family, this rose, through Nature, connects me to all that is.



2016 07-01, 3171 - BUTTERFLY FOOD - The milkweed is just about in bloom and ready to supply the butterflies that wing their way through the orchard nourishment to help sustain their journey. To some the plant is just a weed. For me it is spiritual food.



2016 07-02, 3172 - STILLNESS - I feel a stillness when walking a trail surrounded by trees. The rest of the world's din is only a faint roar in the valley below. Here I can soar in my mind way beyond the limits of daily life and yet I know that stillness is also in my heart.



2016 07-03, 3173 - WATCHING WEATHER CHANGES - I could see the potential thunderstorms moving north and east across the valley as the mountain ranges to the west were becoming obscured by lowering clouds. If I had been lower, I would not have seen them.



2016 07-04, 3174 - SYMBOLS OF FREEDOM - I have recently seen several symbols of freedom on my soul's path. Two came together as a rainbow dipped close to the ocean near a flag waving in the breeze. The other was a pair of eagles in an old pine. Symbols can help guide us.



2016 07-05, 3175 - A GIFT FROM THE SEA - We visited Jasper Beach recently, and I thought how nice it would be to find a heart-shaped stone created by the churning sea. At low tide, amongst millions of stones, there it was, a gift from the sea filled with Cosmic love for me to share.



2016 07-06, 3176 - SUMMER CHORUS - I heard the summer chorus singing a song of the season. I walked to the beat of the orange day lilies as I began my day, my heart filled with gratitude.



2016 07-07, 3177 - ONE TINY FLOWER - Last fall we cast a lot of wildflower seeds in the new section of the field with the hope that in a year or two we would see the results. Walking the division between the old and the new fields I found just one tiny flower.



2016 07-08, 3178 - JUST ANOTHER DAY IN PARADISE - Paradise has many different meanings to people. For some it is a tropical island and for others it is the mountains. To me paradise is a place that starts with what we feel in our hearts.



2016 07-09, 3179 - HOLLOW LOG FACE - I smiled as a hollow log face greeted me in the parking lot of the Center, hauled down the mountain and placed there by the loggers while it waited to be moved to its next destination. At that moment I wondered what its message was for me.



2016 07-10, 3180 - ALMOST UNSEEN - The large toad on the path remained unseen to my eyes until it moved to get out of my way. It was only then that I saw it. There is a lot in life that remains almost unseen when we are focusing on something else.



2016 07-11, 3181 - FUTURE FLOWERS - The seedpods from the lupines waved in the slight breeze as they bathed in the early evening sunlight. I smiled as I knew in those pods were future flowers that would eventually decorate the landscape.



2016 07-12, 3182 - CROWN JEWELS OF THE FIELD - The dazzling sun caught the twinkling of crown jewels of the field as they danced on the breeze. I was surrounded by the vast riches that Nature displays to those who seek.



2016 07-13, 3183 - A CLOVER SNACK - I watched the delicate butterfly as it floated across the field snacking on the sweet clover nectar. I thought of the thousands of miles it is capable of flying, and it reminded me of people that are fueled by their positive intentions.



2016 07-14, 3184 - ANOTHER REMINDER - I am often reminded that I do not walk this path alone. I may not be able to tell you exactly what is accompanying me, but I know that if I take the risk to believe, amazing things happen. Heart shaped leaves are one reminder.



2016 07-15, 3185 - DAZZLING - There is something about the blossoms of bee balm that always seems to dazzle me. Their brilliant reds are mesmerizing. When I see them, I know I am in the midst of summer, and I know if I don't pause and enjoy them, it will soon disappear.



2016 07-16, 3186 - NATURE'S NUTRITION - I paused to feast on the beautiful scene on the ground in front of me. Some of Nature's nutrition feeds my soul just as it feeds animals and insects. I smiled and continued on my walk filled with inspiration.



2016 07-17, 3187 - A GIFT FOR A DAY - A day lily's bloom reached for the sun while I paused and celebrated this beautiful gift from Nature. Tomorrow this bloom will be gone, but another gift will take its place.



2016 07-18, 3188 - A BEAST IN THE WOODS - I could hear its roar coming from below as it descended the steep slope ready and anxious to grab another meal of freshly fallen trees. I watched it from a safe distance as it passed by. It is a good beast working to renew the land.



2016 07-19, 3189 - FIRST BLOOM IN A NEW HOME - A couple of years ago I dug up and transplanted a dozen hydrangeas. They had to be pulled out because of a building move. This year we have the first bloom after the move. People can take a while to bloom after a change.



2016 07-20, 3190 - DELICATE FOXGLOVES - I stopped and smiled when I came to the delicate white foxglove in the corner of a garden at the Center. I marveled at this beautiful plant that Nature had provided for me to brighten my day. I smile now as I reflect on it.



2016 07-21, 3191 - LOOKING INTO THE CLOUDS - A friend loaned me his camera to play with for a few days. It has a powerful lens, and I found myself looking into the clouds in a way I never had done before. A sudden event in our lives can create a different view in our mind.



2016 07-22, 3192 - HOSTA FLOWERS - It is easy to miss the tall thin flowers on a hosta plant. They seem to disappear into the background. There is a lot of beauty surrounding us that we often miss.



2016 07-23, 3193 - TINY PINK BLOSSOMS - I paused to admire the tiny pink blossoms on the pink spirea shrub that I transplanted a few years ago from a spot where it had "jumped the fence" from its parent shrub. It reminds me of the will to survive.



2016 07-24, 3194 - EMPTY NEST - I found an empty nest in the back corner of the small gazebo by the Fairy Pathway. I am not sure if it was ever used after it was built because of all the logging nearby. It reminds me about all that happens in our world without being noticed.



2016 07-25, 3195 - JUST ANOTHER SUMMER DAY - It was just another summer day when I stepped out into the view and realized it was not just another day. It was a special summer day, and so is every other day in the year. All I need to do is recognize that.



2016 07-26, 3196 - DANCING MUSHROOM - I could hardly believe my eyes as I watched a mushroom dance in the morning sunlight. Its shape caused it to look to me like the queen of the ball. I smiled and wondered what my next marvel of Nature would be.



2016 07-27, 3197 - FIELD OF RYE - The rye grass in the new field has now gone to seed, and when it dies back, it will serve to fertilize the grass that is growing under its cover. Man and Nature can work together to help improve the landscape of our lives and feed our souls.



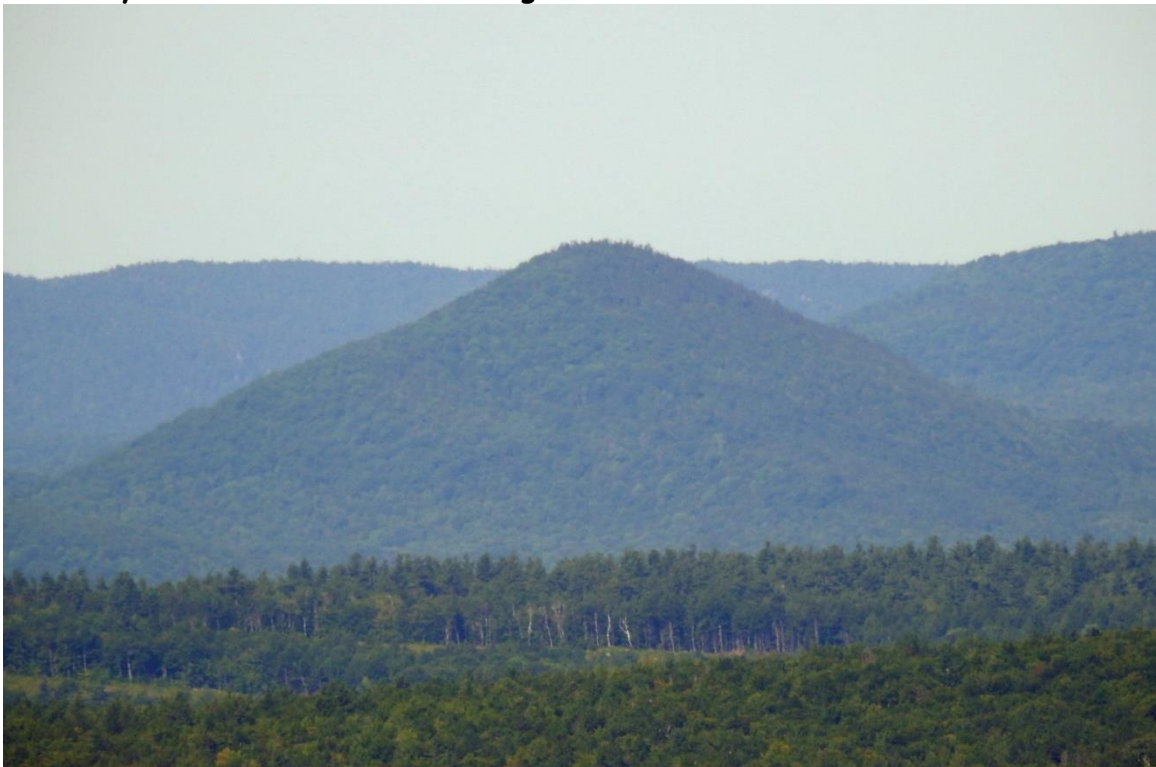
2016 07-28, 3198 - MORNING MOON - I looked up at the sky to admire the clouds and saw the moon in the morning sky. It was a ghostly white. I wondered what was really out there in the Cosmos and I knew that we on earth are not alone.



2016 07-29, 3199 - GREEN APPLES - The old apple tree has a healthy crop of green fruit on its branches as the summer reaches half way on its annual march to fall. I remember when we planted it many years ago. Investments of intentions are the crops of the future.



2016 07-30, 3200 - SO CLOSE AND YET SO FAR - I saw the distant mountain through a high powered lens and it look like it was only a short distance away. For me to visit it in person I would have to drive forty-five minutes. To reach a goal sometimes we need to move forward.



2016 07-31, 3201 - HONEYSUCKLE FRUIT - I smiled when I came upon the small honeysuckle bush with its red fruit growing in a corner of the old garden. I am sure it was planted there by a bird that dropped the seed. It brings back childhood memories from a distant past.



2016 08-01, 3202 - THE WINDS OF SUMMER - I walked the trail on a warm muggy day, hiding from the deer flies who were discouraged from following me by the cover of lowing hanging branches. As I stepped out into the clearing, the winds of summer greeted me. I smiled.



2016 08-02, 3203 - NATURAL BEAUTY - I am continuously drawn back into Nature to experience its natural beauty such as the shrub-like wildflower that grows along the trail. When I am one with all this beauty, the rest of the world seems to fall into place.



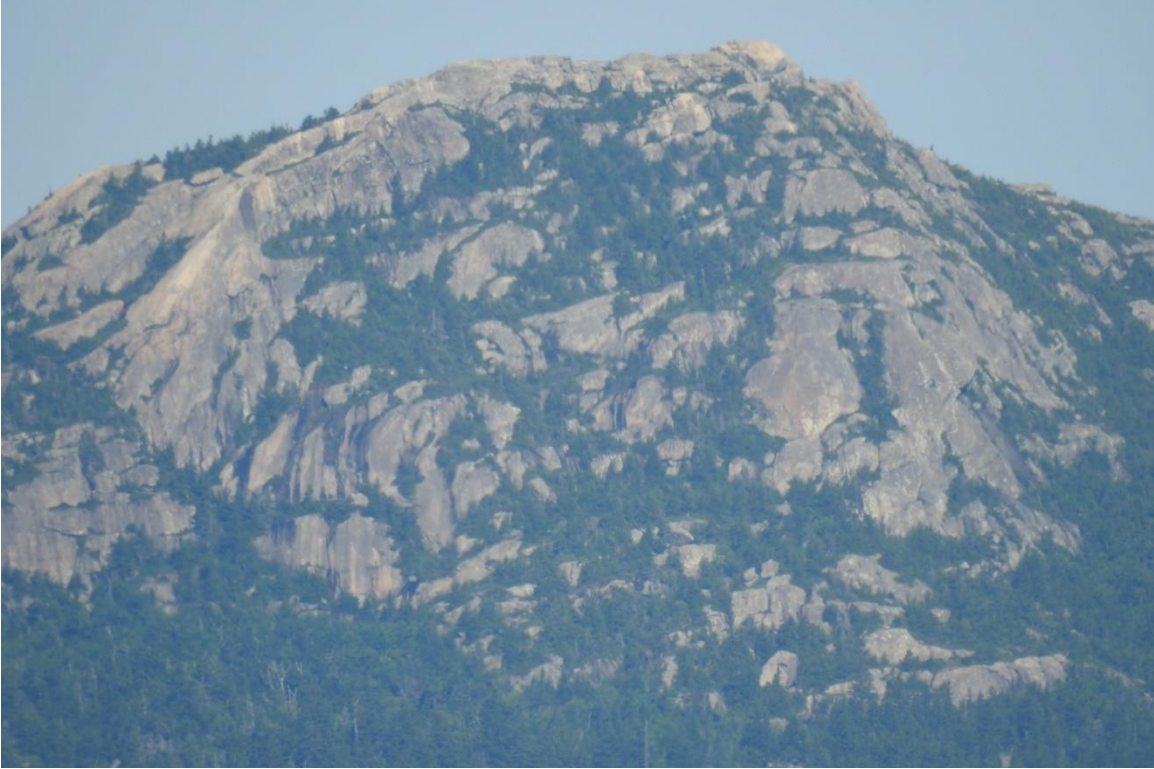
2016 08-03, 3204 - MUSHROOM SEASON - Mushroom season is in high gear. Warm weather and moisture helps encourage their growth in many shapes and colors. Even though I do not eat wild mushrooms, they provide a feast for my eyes and my soul.



2016 08-04, 3205 - AUGUST EVENING - The sun of the August evening flooded the clearing with warm golden light. Each day the view is different. Each moment in time is different. Life can sometimes block what is right in front of us. Sunsets can bring us back to awareness.



2016 08-05, 3206 - CLOSE UP - From the top of the mountain I can see life in different views from the distant mountains to what is close to me. Through a camera or binocular lenses, I can also observe life close up from afar as well as life from my mind's eye.



2016 08-06, 3207 - ORCHARD COLORS - The orchard provides a variety of colors during the entire year for my eyes and soul to feast on. Now the ferns are beginning to mature and some are changing color. I often pause to marvel at Nature's artistic abilities.



2016 08-07, 3208 - SUMMER DELIGHT - Summer offers many treats for the eyes. I especially love the ever-changing parade of flowers that graces the landscape from spring right into the fall. Flowers are just one way of reminding me to be grateful for Nature's delights.



2016 08-08, 3209 - BITE SIZE - I spied a couple of small mushrooms growing on a branch and they reminded me of bite sized candy waiting to be tasted. Of course I didn't, but they reminded me that many treats in nature are the small discoveries often overlooked.



2016 08-09, 3210 - HEARTS RULE - Whenever I find a heart in Nature, whether it's a leaf, a cloud, or a rock, my heart feels a warm rush of energy. It is a sign that I do not wander this earth alone. Hearts Rule.



2016 08-10, 3211 - LOOKING SOUTHWEST - Wherever I look from the top of the mountain the view is always a little different as it is when I gaze off into the southwest. Life can provide us a different view whenever we shift our position.



2016 08-11, 3212 - FOREST FIGURE - Sometimes I think I am playing the child's game "Eye Spy" when I wander the landscape. My eyes often spy something that stimulates my imagination. I wonder. I marvel. I am a child of nature.



2016 08-12, 3213 - STILL STANDING - Every time I see the old pine, I wonder how it is still standing. It is constantly being assaulted by the weather. Still it remains. I wonder how many that wander the land are inspired by this old tree?



2016 08-13, 3214 - A PLACE TO PAUSE - There are many places to pause and reflect while walking the trails on the mountainside. Some have open views and others are spots surrounded with woods. Nature has taught me that I can pause anywhere along the trail of life.



2016 08-14, 3215 - LEAF SHINE - Fresh rain on the leaves creates a special shine, and when I see this, I know that Nature is working its magic to provide a balance of nourishment for the growing things and for our souls.



2016 08-15, 3216 - GOLDEN TIME OF THE YEAR - Mid-August is a golden time of the year. The evening sunlight casts a yellow warmth over the land as the goldenrod dance in the light breeze. It is a time to reflect and enjoy the harvest of the season.



2016 08-16, 3217 - VERY TINY FROG - On a recent group hike, we had a teen with quick reflexes who was able to gently capture a very tiny frog for a brief moment. I was reminded how diverse Nature truly is.



2016 08-17, 3218 - NEVER THE SAME - I have come to realize that nature is never the same. Something changes every second. There is always something new to discovery. I wonder how many people go through life stuck in the same old view in their minds.



2016 08-18, 3219 - NEW ROAD - When our forester was putting the recent logging work to bed, I asked him if he would rough out a new road on an old trail with his big skidder. He skillfully created what we wanted. New roads create new opportunities.



2016 08-19, 3220 - CHANGE HAS BEGUN - I sat for a while on the bench at the top of the mountain and felt the change in the air. I looked out at the landscape and spotted a few trees with colored leaves. I know the change has begun.



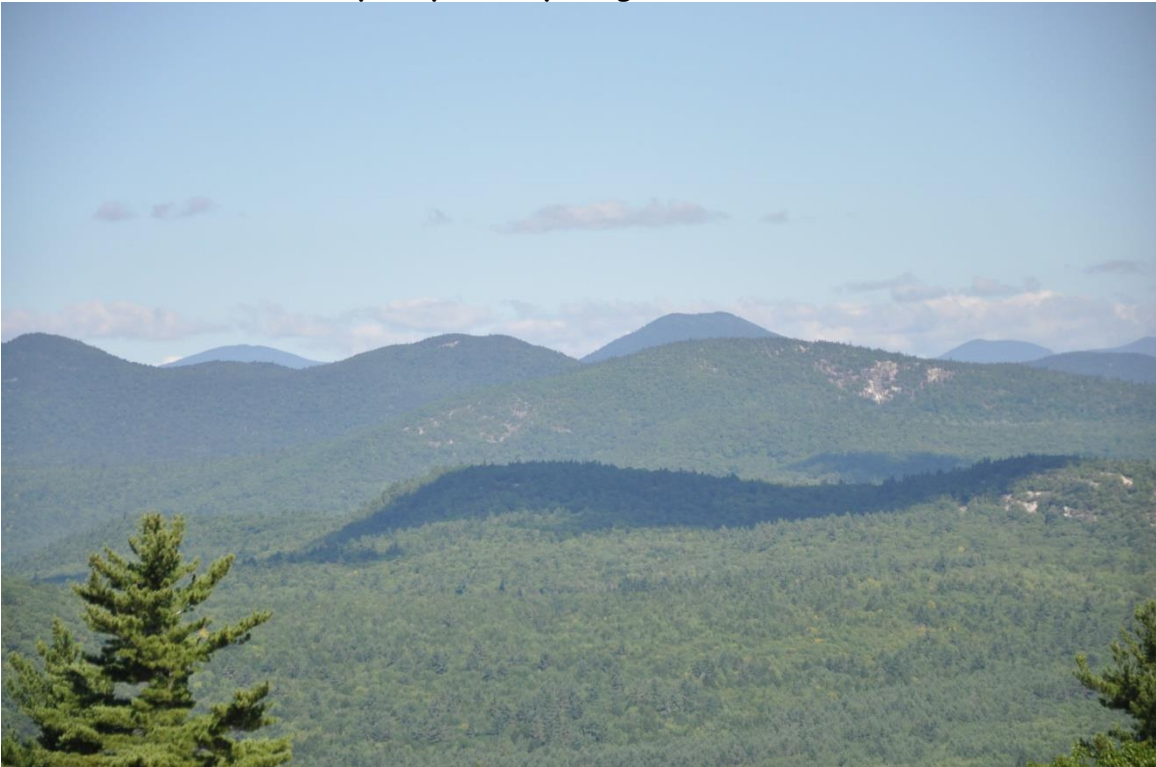
2016 08-20, 3221 - LOFTY PERCH - I quietly walked out to the edge of the clearing to see what I could see and there on the top of the old dead pine was a flock of ravens resting on the lofty perch. They flew away as soon as they spotted me. I flew after them in my mind.



2016 08-21, 3222 - TELLTALE SIGNS - Telltale signs are beginning to appear that indicate that the fall season will soon be upon us. The leaves littering the trail are one example. Another sign is the stirring inside me that seems to come from the autumns of a time gone by.



2016 08-22, 3223 - SHADOWS ON THE LANDSCAPE - There is something mesmerizing about watching the shadows of the clouds in the sky as they reflect onto the hills across the valley. They are never the same and always capture my imagination.



2016 08-23, 3224 - FLYING HIGH - As I stood on the top of the ledge, I glanced upward and saw three large birds gliding above my head. They were riding the wave of thermals created by the warm sun reflecting off the quartz filled rock. I wondered what it was like to fly so high.



2016 08-24, 3225 - RED DELICIOUS - Red delicious is the name of a variety of apples that matures late in the fall, but in this case it refers to the beautiful red of a hibiscus flower at the Center. It reminds me of gratitude and passion and I am passionate about the beauty of Nature.



2016 08-25, 3226 - CLOUD ROLL - I felt the wind on my face as I watched the weather front move from north to south, clouds floating by overhead. One cloud looked like it had been rolled up like a carpet. I was again reminded tjat there is still more to discover in life.



2016 08-26, 3227 - WEB ORB - The sun shining through the delicate spider web orb captured my attention and I was again reminded of all that exists around us that often goes unseen. To some people an orb can mean something that has materialized from an unordinary reality.



2016 08-27, 3228 - LIVING BOUQUETS - I am constantly finding living bouquets in Nature. They are the flowers, the evergreens, the ferns, and even the grasses I encounter as I walk the land. They remind me that there are many human bouquets that also live among us.



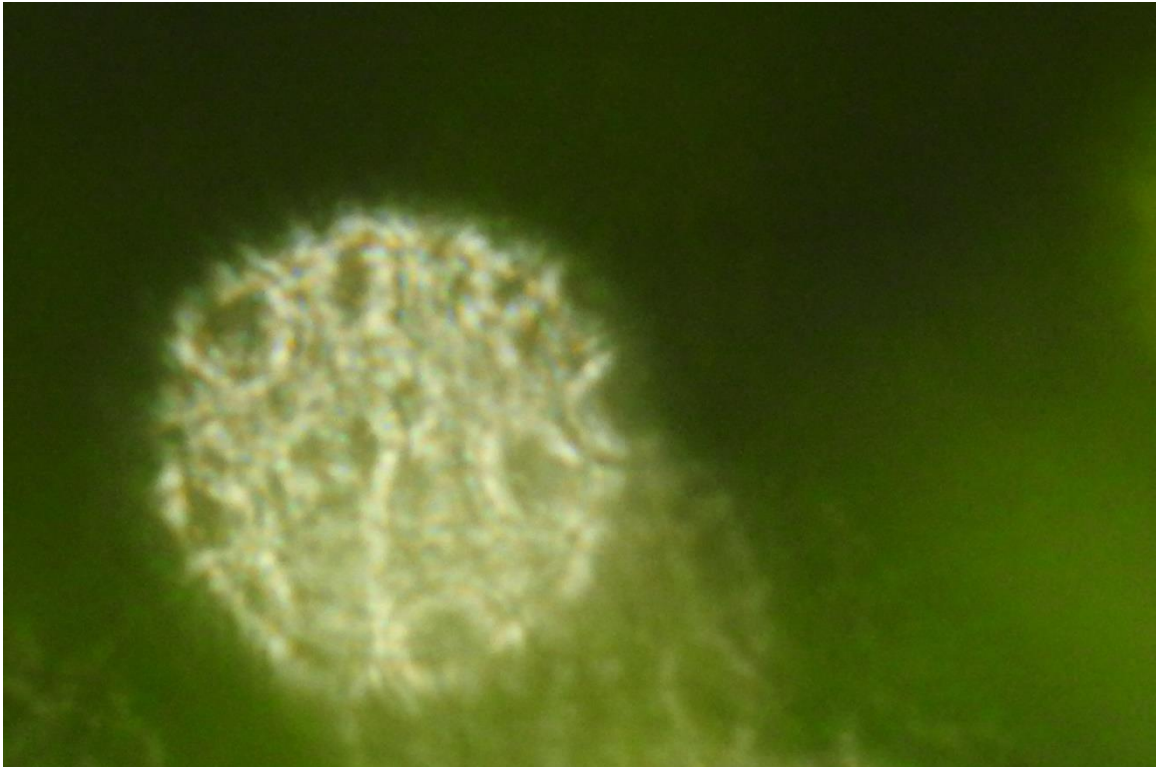
2016 08-28, 3229 - MILKWEED PODS - The milkweed blooms have given way to green seedpods. Soon they will mature and dry, open and cast their seeds into the wind for next year's new plants. People mature and also cast their knowledge into the winds of the future.



2016 08-29, 3230 - RENEWABLE RESOURCES - The forest is a renewable resource in many different ways; from trees that grow back to old stumps that come alive with ant colonies. Every so often a bear will tear into one, and in time come back again. We are all renewable resources.



2016 08-30, 3231 - UNKNOWN - Recently I borrowed a friend's camera, and one of the pictures that came up on the computer screen was a green orb. I had no idea what it was. Then again, I have come to believe that there are a lot of unknown forces out there in the Cosmos.



2016 08-31, 3232 - HAND HEWN - Years ago my father decided he would square up logs into beams for the cottage he was building at the end of the lake. Before the first log was done he cut his foot. The rest went to a sawmill but the hand hewn beam still proudly holds its load.



2016 09-01, 3233 - FIRST OF SEPTEMBER - As I turn the calendar page to another month I watch the changes taking place in the landscape around me. I also choose to go out into the landscape to experience the marvelous transition firsthand.



2016 09-02, 3234 - TINY PORTAL - Suddenly, I came face to face with a tiny portal in the woods. I knew that if my mind ventured through it, a part of me would travel the vast Cosmos beyond. Then I realized that I do this all the time anyways.



2016 09-03, 3235 - WATCHING IN SILENCE - The old tree watched in silence from its position on top of the mountain, appearing as if it were a giant bird with wings spread ready for flight. I could feel the life force of the land pulsing through me.



2016 09-04, 3236 - THROUGH THE CAMERA'S EYE - I have been practicing with a new camera, trying out different lens. One picture looked as if I had been looking through a tunnel. I realized that the camera's eye sees life differently than my own eyes see life.



2016 09-05, 3237 - GROWING IN A TREE - The morning light was just right to draw my attention to a group of mushrooms growing in an old dead tree. I marveled at the artistic arrangement I had unexpectedly encountered and yet it is what I expect in Nature.



2016 09-06, 3238 - CLEARING TRAILS - Finally the logging is over and the weather is a little cooler and it is time to catch up on the yearly trail clearing. It is good to work with the land even if it is only an hour or so. It also serves to clear the pathways in our minds.



2016 09-07, 3239 - MULTITUDE OF FACES - Nature's master carver created a multitude of faces in the burl on the side of a tree in the forest. I wonder if it is just me that sees what I see or do others see the same. We do each view life differently.



2016 09-08, 3240 - CLUES - Nature often gives us clues to the changes that are just ahead. They could be in the clouds, in the movement of the wind, the movement of birds and animals or in the changes in the leaves. Life has many clues to help guide us on our path.



2016 09-09, 3241 - A NEW GREEN CARPET - There is a new green carpet covering the trails that recently were used for logging. It is new grass planted to help prevent erosion. Being a good steward of the land includes investing in the future through positive actions today.



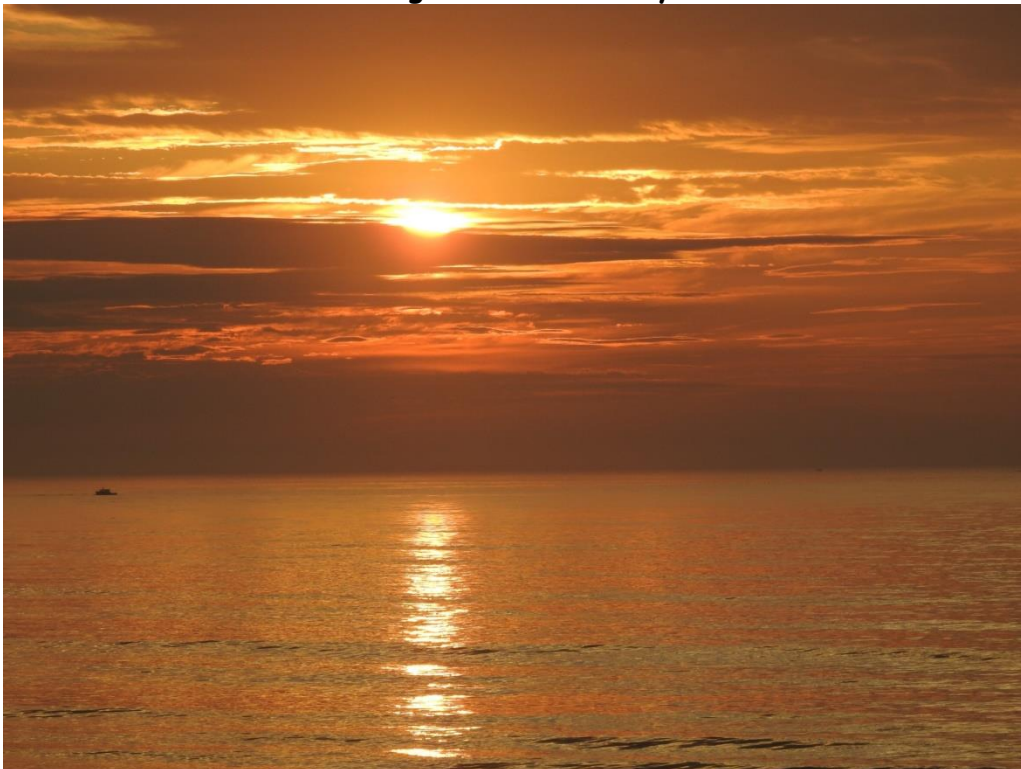
2016 09-10, 3242 - GRAY BIRCHES - One of my favorite spots in the woods is where I can look down a line of gray birches that grew at the edge of what used to be a clearing. It is now all grown in around the birches. I often pause when passing by for a moment of gratitude.



2016 09-11, 3243 - TIE DOWN - The small wooden loop looked to me as if it was waiting silently in the woods for something to be tied to it. I realized this was a perfect symbol that illustrated the importance of being tied to the earth to keep us grounded on our spiritual journey.



2016 09-12, 3244 - EVERY ONCE IN A WHILE - Every once in a while, we take a needed trip to the coast to inhale some of the fresh salty air. It helps us clear our minds as we prepare to return to the mountains refreshed and invigorated and ready for our next adventure in Nature.



2016 09-13, 3245 - HALF FULL - I used my new camera to photograph a beautiful half full moon. I was reminded how people often see life as half empty rather than half full. There is always potential for something positive. The moon will be full again.



2016 09-14, 3246 - HIGH IN THE TREE - High up in the spruce tree is a group of seed cones waiting to drop to the ground below and release the seeds from within to help establish the next generation of that species. The tree came from the earth and returns to the earth to continue on.



2016 09-15, 3247 - LEISURELY AFTERNOON - The afternoon greeted me with the opportunity to take a leisurely walk down the old road and through the orchard as I moseyed over to the bench at the top of the field where I sat for a while. I left with a feeling of mountain inside me.



2016 09-16, 3248 - FUELING UP - I watched a couple of butterflies on a mid-September day as they took on fuel by sucking sweet nectar from clover blossoms, preparing for their long flight ahead to their winter habitat. I left feeling my soul refueled.



2016 09-17, 3249 - GHOST MOUNTAINS - There was something about the mountains to the west and north that looked different. I realized there were mountains in the sky above, perhaps ghosts from the past before the Ice Age. Something else to wonder about.



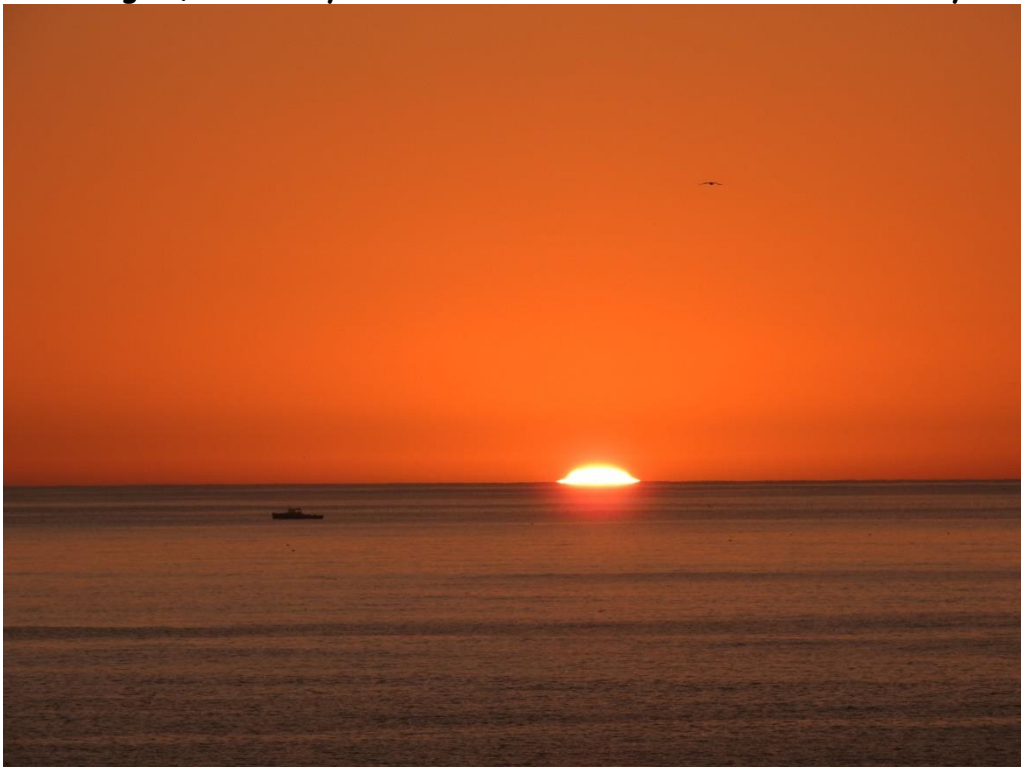
2016 09-18, 3250 - WALKING THE WALK - Now that the fall season is in full swing it is time to get back to walking the walk. It is easy to get bogged down in life and sometimes get out of sequence with our journey. The fall is an excellent time to get back to walking the walk.



2016 09-19, 3251 - SEASONAL COLORS - I love the colors of the season, especially in the fall. Right now it is the smaller plants that create a beautiful landscape as they usher in the big show. Regardless of what the season is, Nature always puts on a good display.



2016 09-20, 3252 - OCEAN MEMORIES - A photo that I have kept on the desktop for the last couple of weeks begged to become the subject of a podcast even though our trip to the coast was just a memory. Then again, a memory can serve to take me back to a visit in my mind.



2016 09-21, 3253 - DELICATE FALL BOUQUETS - The hills are alive with delicate fall bouquets of all sizes. I harvest them with my camera, choosing which ones will linger for a while in my mind and on the computer screen. As I walk the landscape the fall air clears my head.



2016 09-22, 3254 - TRANSITIONING - The seasons are transitioning from summer into fall. It is a wonderful time to take stock of our journey, examine our passions and set goals to help point us in the right direction.



2016 09-23, 3255 - TREASURE IN THE NEW FIELD - Recently we discovered treasure hiding in the new field. To us it was better than gold or gems. It was new lupine plants. To us that means that next spring we will look out on a priceless view filled with lupine blooms.



2016 09-24, 3256 - FALL COLORS - I am surrounded by the colors of fall from the maroon blueberry leaves to the brown of the ferns. Each day there are changes. Those that focus on the past or the future may just pass by this beautiful season of life without notice.



2016 09-25, 3257 - CLOUD SHARK - The cloud shark glided silently across the sky in search of its prey, smaller clouds floating nearby. I know that my mind may be creating the images I see in the clouds, and I also know that those images may help guide me in life.



2016 09-26, 3258 - WELL ROUNDED - Many years ago the glacier that covered this area with a thick coat of ice shaped the mountains as it receded. People are shaped by life events, but at least we always have a choice to reshape ourselves again.



2016 09-27, 3259 - EMERGING FROM THE SHADOWS - I stood in the shadows and gazed out at the mountains now exposed in the sun's spotlight. I thought of all the people who have waited in the shadows waiting for their abilities to be seen. Now is the time to shine.



2016 09-28, 3260 - HIDDEN IN THE RYE - Besides the lupine there are other treasures hidden in the rye, including goldenrod whose bright yellow flowers provide a source of late season pollen for the bumblebees. A friend and I discovered our childhood again, hidden in the rye.



2016 09-29, 3261 - DOWN THE RABBIT HOLE - The recently dug hole in the pile of dirt beside the old road caught my attention as I wandered by. I wondered what made it and why it was there. I wondered about the meaning of life and marveled at its still unsolved mysteries.



2016 09-30, 3262 - SLOWLY COLORING UP - The foliage show is moving slowly this year, seemingly one leaf at a time. Still, things are moving. It is an example of how life moves, sometimes fast and sometimes slow. The secret is to keep moving.



2016 10-01, 3263 - NATURE'S BALANCE - I have long considered Nature a Master Artist. It has the ability to create pleasing balance when it presents a new work to human viewers. The birch tree is both the star and the supporting player and an example for us to follow.



2016 10-02, 3264 - ORANGE LEAVES - The orange leaves are back for a short period of time. They blend with all of the other fall colors to create a beautiful mosaic as I walk the land. It is such a wonderful time of year to rediscover Nature.



2016 10-03, 3265 - SURROUNDED - I found myself surrounded by the colors, smells, and sounds of fall as I made my way through the orchard on the trail leading to the view. I thought of the people below in the valley that have come to see the sights but never leave their cars.



2016 10-04, 3266 - EVENING CLEARING - A light rain washed the earth, and as evening fell, the sky cleared with the hope of a fresh new day tomorrow. The rain not only nourished the land but our souls as well.



2016 10-05, 3267 - FALL MOWING - It is time to mow the field and the orchard. This year we have a new trail cutter to pull behind our side-by-side. I used to spend hours cutting it by hand. Now I enjoy, as I ride, watching the land being prepared for next spring.



2016 10-06, 3268 - FAIR TIME - It is the season to celebrate the harvest and attend the county fairs. It is also a time to see what's new and dream of purchasing the latest and greatest at the various booths. Over the winter some dreams will grow while others will drift away.



2016 10-07, 3269 - SPREADING THE COLORS FROM THE TOP DOWN - I had been looking for a couple of weeks for the fall colors on the mountains across the valley. Finally, I saw them spreading their fall quilt from the top down. It was worth the wait.



2016 10-08, 3270 - HOME STRETCH - The horses were going full tilt as they entered the home stretch, racing for the finish line. It seemed as if they were flying through the air. The slower ones were not even in the picture, having given up the quest to win, but they still finished.



2016 10-09, 3271 - FALL WILDFLOWERS - A patch of blue caught my eye amongst the colors of fall. It was wild asters still in bloom. I paused and took in this amazing sight and proceeded on my way refreshed and invigorated once again by Nature.



2016 10-10, 3272 - CUTTING THE FIELD - Recently I spent a warm fall afternoon cutting the field on top of the mountain. As I trekked back and forth and up and down I found myself immersed in the beauty that surrounded me. My soul sang a song of gratefulness.



2016 10-11, 3273 - AUTUMN GLORY - Autumn is at the heights of its glory. Its beauty is displayed on the mountains and in the valleys. It is a vast symphony of colors, smells, tastes, sounds and emotions. All of our senses inhale its vastness.



2016 10-12, 3274 - PAWING AROUND - I smiled as I noticed the torn up moss that provided a thin covering for the granite ledge hidden just below. It was disturbed by an animal as it passed by. Actually, I guess I paw around too as I walk the land.



2016 10-13, 3275 - TIMELESS TRAVEL - Every time I enter the old county road leading to long ago and now vanished homesteads, I know I am beginning another timeless journey. Whether I drive or walk, it makes no difference, I can still feel the connection to the past.



2016 10-14, 3276 - AUTUMN FINALE - It is the time of year when Nature is presenting its fall foliage finale. Soon the leaves will fly and the landscape will change. Each day of the year provides a magical transition to the next day.



2016 10-15, 3277 - ENCHANTED PATHWAY - I moved from the open orchard and entered an enchanted pathway with soft moss under my feet and pine limbs providing a canopy overhead. As I walked along I entered deeper and deeper into my mind and out into the Cosmos.



2016 10-16, 3278 - GOLDEN IMAGES - I gazed upwards through the golden leaves and took in autumn's splendor with my camera's lens. To my delight when looking at the images, I discovered them to be full of inspirational guidance deciphered by my mind's eye.



2016 10-17, 3279 - HOUSE FOR RENT - We have not one but four houses available for occupancy in the field on top of the mountain. They are bluebird houses and the price of staying there is for the birds to share their beauty with those that come to visit the land.



2016 10-18, 3280 - NEW RESTING SPOT - We recently moved the old trailer to a new resting spot in the orchard. My plans are to have it restored in the near future. The plans in my mind are real and when I see the trailer, I am reminded of the reality I live in that used to be dreams.



2016 10-19, 3281 - RAIN DROPS ON AN OAK LEAF - The oak leaf glistened in the morning light from overnight rain drops. I mused over the incredible beauty Nature provides in many different views.



2016 10-20, 3282 - LONG VIEW - Standing at the lower edge of the recently mowed field, I was able to take in the long view of the clearing. I was reminded that life has a long view and I am grateful for the field being mowed, and for the lupine that will flower in the spring.



2016 10-21, 3283 - LOOKING THROUGH THE WINDOW - The late afternoon sun turned the landscape into a golden spectacle that caught my attention as I looked out the large window that faces the mountains across the valley. Through the glass I am connected to Nature.



2016 10-22, 3284 - LAST OF THE APPLES - The last of the apples still hangs on the branches of the old apple trees in the orchard. Soon the freezing chill of winter winds will permeate them to the core. It is a sign of the seasons as life goes on in the mountains.



2016 10-23, 3285 - THE FEEL OF CHANGE - I could sense the changes coming. I saw the geese overhead and heard their haunting calls as they headed south. I could feel the foreboding winds that predicted the season's transition into winter. Change is a part of life.



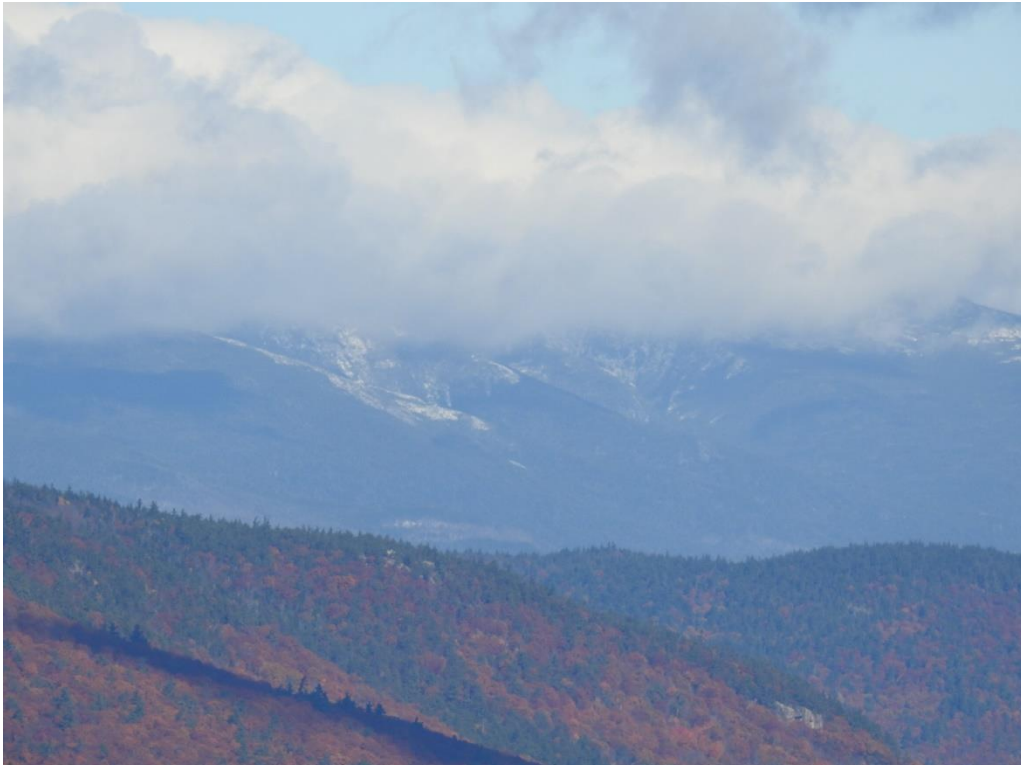
2016 10-24, 3286 - TIDE CARVED MOUNTAIN - Recently I examined some of the jasper stones we collected at a very special beach last summer and I noticed the outline of a mountain on one of them. I wondered how the tide knew how to carve this masterpiece.



2016 10-25, 3287 - BEAUTIFUL BLEAKNESS - This is the time of the year when the luster in the leaves has just about gone and a bleak landscape is emerging from the shadows of summer. Now there is a new simple beauty that helps refocus my mind.



2016 10-26, 3288 - SNOW LINE - I could see where the snow line began on the highest peaks across the valley as winter made its appearance for the first time this fall. We know it won't be long before we will be covered in white. Life is a constant movement of seasons.



2016 10-27, 3289 - BEECH LEAVES IN SUNLIGHT - The sunlight shining through the beech leaves on a mid-autumn day created a hypnotic scene that pulled me into the dance of the season. In gratitude I lingered for a moment and was reminded again how each moment has magic.



2016 10-28, 3290 - SNOW FLURRIES AND BLOWING LEAVES - It is the season of change. The wind scurries through the mountains and valleys as we scurry about completing the last of the fall tasks before winter returns. Positive changes are in all aspects of our lives.



2016 10-29, 3291 - WIND BLOWN - I could hear it as I walked the trail to the field on top. As I stepped out into the open expanse looking to the west I could feel it on my face. I saw the remaining oak leaves turned inside out by its force. The winds of November were blowing again.



2016 10-30, 3292 - WATER - Water is one of the true life forces on earth. Without it we cannot survive, and sometimes when its fury is unleashed, it washes away everything in its path. The recent rains of autumn have helped life move forward again.



2016 10-31, 3293 - HAUNTING THE LANDSCAPE - The mountain is alive with the spirits from the past. I see them in plants, trees, and rocks. They enjoy those that walk the land with positive intentions. We are never alone.



2016 11-01, 3294 - RETURN OF THE GLOW - Now that the days have grown short and the leaves have all but disappeared, we have our glow back. It never went anywhere, except out of view from our windows. Then again, there is always a glow to find somewhere.



2016 11-02, 3295 - FADING AWAY GRACEFULLY - It seems as if the foliage season has been extra-long and extra special this year. It is still fading gracefully as we enter the month of November. Of course it may be because I am aware of it on a daily basis.



2016 11-03, 3296 - READY FOR A WINTER'S SLEEP - The flower beds at the Center have been cleaned up and are now ready for a good winter's sleep. I look forward to the spring when old plantings will rise to the surface and new plants will be added. Winter is a time to plan.



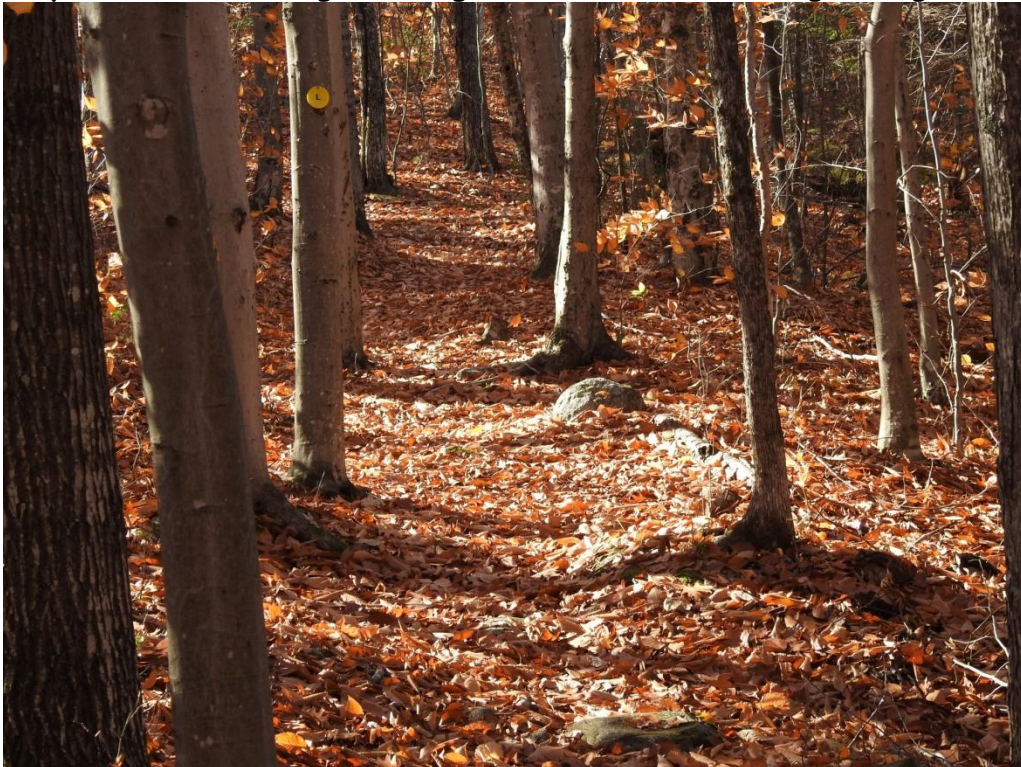
2016 11-04, 3297 - MID FALL IN THE MOUNTAINS - Mid fall in the mountain is an interesting time of year. The weather could be summerish one day and winterish the next. My connection to the past comes out this time of year and Nature becomes even more special.



2016 11-05, 3298 - SIMPLE BEAUTY - Now that fall's big color show is about over, the simple beauty that was hidden has come to the center stage. It is a shame that many people have left this exhibition without paying it any notice. Each day is special.



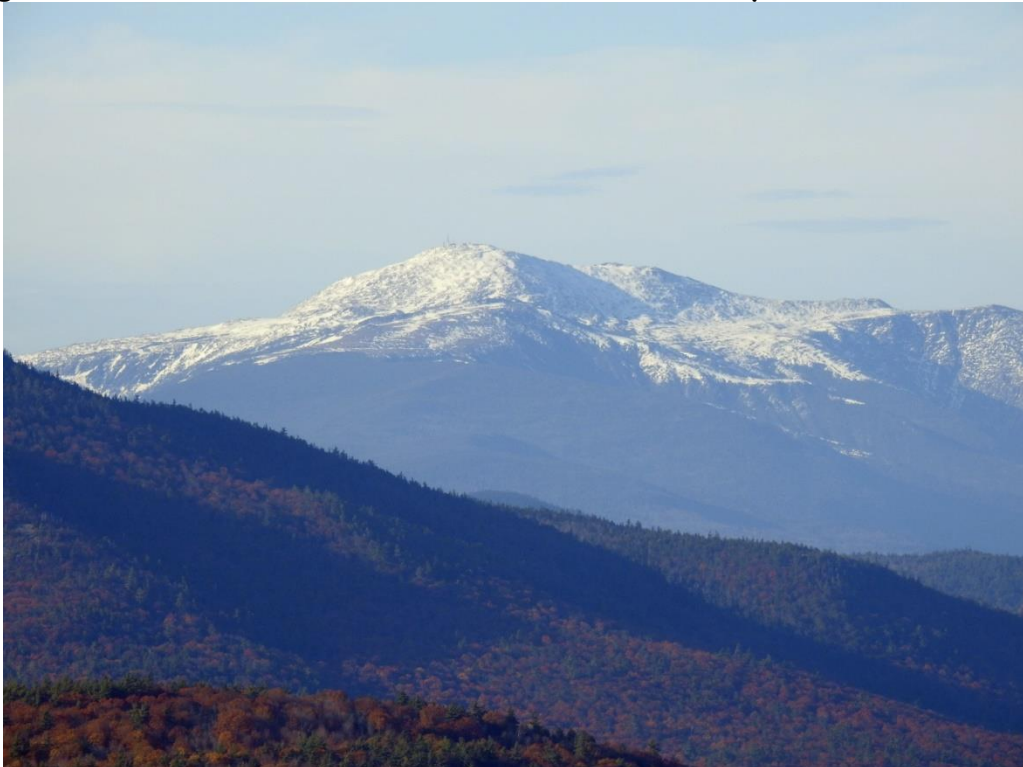
2016 11-06, 3299 - LEAF STREWN TRAIL - The trails are now covered with fallen leaves. As I walk on them I am aware that the roots that were exposed from wear are now covered, and it is easy to slip or trip as I wander along. Walking the trails is like walking through life.



2016 11-07, 3300 - MANY MOODS - The mountains have many different moods. I can feel them as I walk the land and see the hills across the valley. Once the leaves have been stripped from the trees these moods are easier to see. Our moods are often hidden to those unaware.



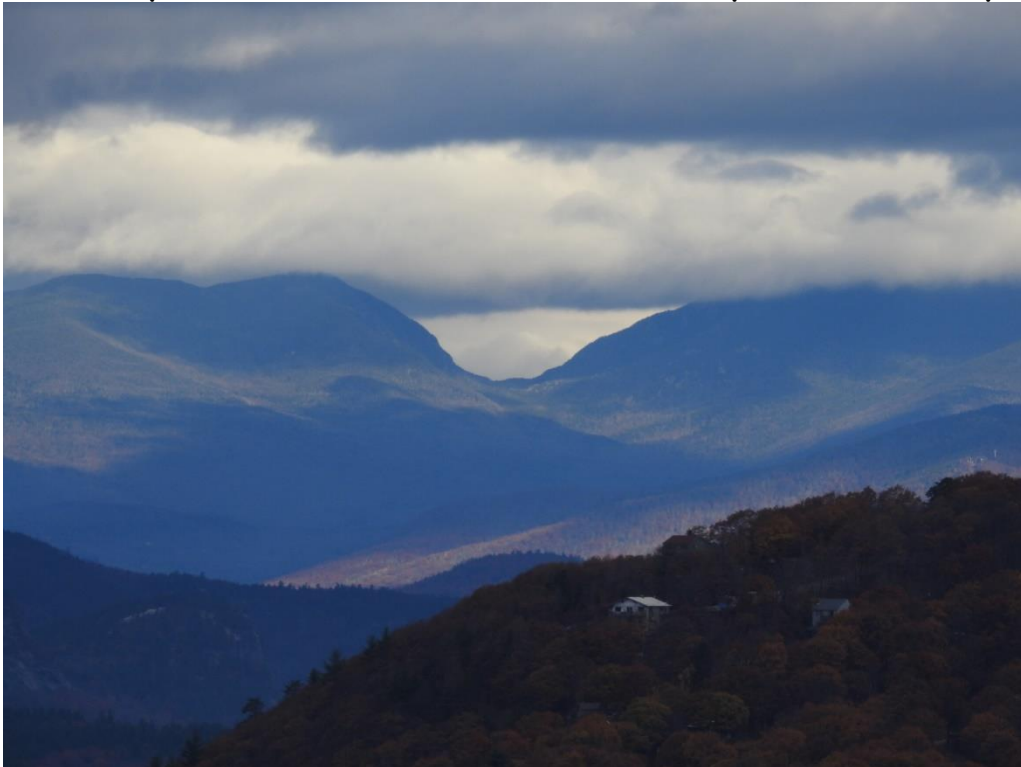
2016 11-08, 3301 - SNOW ON THE ROCK PILE - There is snow on the rock pile, the top of Mount Washington. The Old Rock Pile is a name given this majestic peak by those that work on its summit. I am grateful that I have a chance to observe this beauty as I wander the trails.



2016 11-09, 3302 - ROADBLOCK - As I made the turn onto the old Class VI road that leads to the orchard I discovered that my way was blocked by a large flock of turkeys grubbing their way slowly along. I waited, admired, and wondered if Nature had a bigger plan as it blocked my way.



2016 11-10, 3303 - NOTCHES - From the top of our mountain, I can see a notch off to the northeast. The early explorers of the area found a way through this divide in the higher peaks to the other side. It is a symbol to me that life has notches to help us move on our paths.



2016 11-11, 3304 - PINK SUNSETS - I am inspired by beautiful pink sunsets. They give me hope for tomorrow, knowing that after the night a new day will dawn filled with new adventures and opportunities to be aligned with my soul's purpose.



2016 11-12, 3305 - GLACIER GROOVES - Thousands of years ago this land was covered with a thick sheet of ice. As it melted it created giant grooves down the side of the mountains. Today they are part of the magnificent landscape. You are shaped by life and are magnificent.



2016 11-13, 3306 - NATURE'S BLESSING - I have always felt that rainbows were special, as if Nature was sending a blessing when one appears. The mountains have been blessed recently with several rainbows, and with gratitude I share the positive energy I feel when I encounter one.



2016 11-14, 3307 - IT ONLY TAKES A MOMENT - It only takes a moment to observe a sunset or a bird in flight. It only takes a moment for a kind word or a smile. It only takes a moment to connect with gratitude in your heart. It only takes a moment.



2016 11-15, 3308 - SUPER MOON - Two nights of the super moon's powerful energy can cause diverse reactions from wonder to depression. I find the moon magical, and as its light washes over the earth, I am aware of how we all are a part of something much greater.



2016 11-16, 3309 - FIRE IN THE MOUNTAINS - For the past several days we have observed the smoke from an active forest fire, the largest in over a hundred years burning in the White Mountain National Forest. Nature can be powerful and humbling.



2016 11-17, 3310 - THE LEAVES ARE ALMOST GONE - Just because the leaves are almost gone from the trees does not mean the growing season is in winter mode. It is a wonderful time to grow ideas in our minds the will come to fruition next spring and summer.



2016 11-18, 3311 - CREATING A NEW TRAIL - Fall and spring are wonderful times to create new trails on the land. This time we are making one past the old graveyard imagining the old road the original family used. We honor the past as we look towards the future.



2016 11-19, 3312 - CLOUD WITH LEGS - I chuckled when I saw a cloud walk across the sky like a giant centipede. I often wonder at the many marvels Nature reveals to me and then I wonder if anyone else sees the same thing. I guess the interpretation is up to each of us.



2016 11-20, 3313 - BRIGHT SPOTS - A bright flash of color caught my eye in the middle of a late fall drab landscape. It was the afternoon sun shining through an oak leaf still clinging to the limb it sprouted from. It reminded me to always be aware that there are bright spots to focus on.



2016 11-21, 3314 - NOVEMBER IN THE ORCHARD - One would not think that November in the orchard would be a view to hold one's attention for long. However, it is a wonderful time of year to pause and reflect on the year and to dream of the springtime to come.



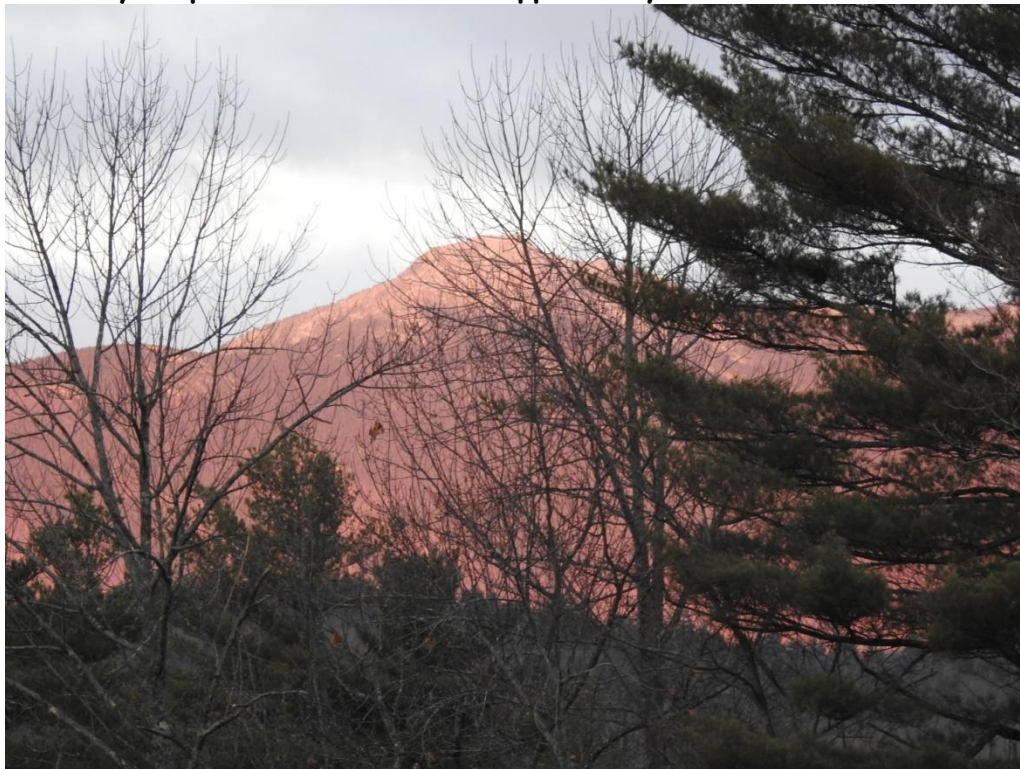
2016 11-22, 3315 - TIME TO FOCUS ON THE EVERGREENS - This is the time of the year to appreciate the evergreens that are often hidden behind the showy colors of the warmer seasons. Now they stand proudly by in the silence of winter to help brighten a drab landscape.



2016 11-23, 3316 - SNOWCATCHERS - As the first snowflakes of the season attempt to coat the landscape with white, the snow catchers spring into action, collecting and holding the evidence that is often absorbed by a moist ground. The proof is there for those that seek it.



2016 11-24, 3317 - PAUSING TO BE THANKFUL - Today I pause to be thankful for all of the wonderful miracles in my life: Family, Friends, Nature, and the wonderful assignment I am on to help reflect the beauty of positive acts and the opportunity we all have to do the same.



2016 11-25, 3318 - BARE BLUEBERRY BUSHES - The sun shining on the small bare blueberry bushes created a larger than life scene. It was only the large oak leaves scattered throughout the tiny forest that brought me back to the reality of the moment.



2016 11-26, 3319 - THE POWER OF A HEART SIGN - As I gazed out the window I became aware that there was a large outline of a heart carved out of the leaves by the wind. I paused, took a breath, and felt gratitude in my heart.



2016 11-27, 3320 - MEMORY ROAD - The road that leads from the orchard to the ledges always seems to evoke memories of my past even through this road was made less than twenty years ago. It takes me back to my childhood and carries me into dreams of the future.



2016 11-28, 3321 - COATING OF WHITE - Nature is in the process of rehearsing for winter. This year it coats the ground with white snow and then takes it back and tries it again. Sooner or later it will decide the snow will stay for a while. In the meantime each day is a preparation.



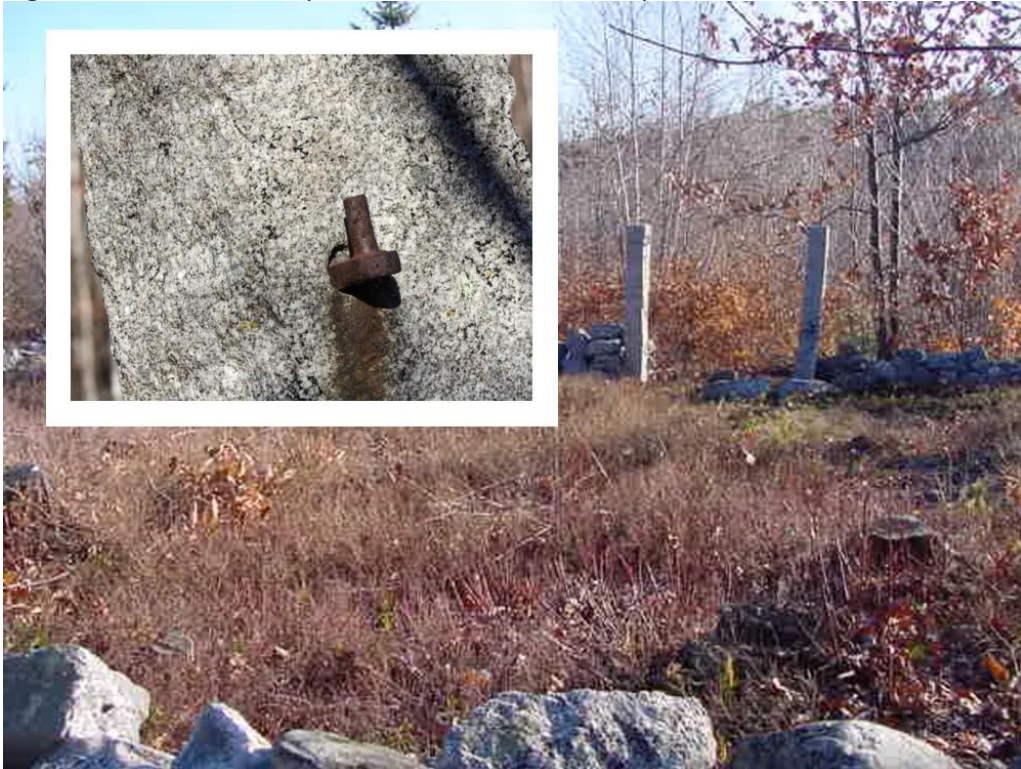
2016 11-29, 3322 - FOREST GEMS - Perhaps my mind is programmed to see the shape of a heart wherever I look because I recently discovered a small stone on the forest floor. All I know is that it gave me a special feeling that lingered long after I found it.



2016 11-30, 3323 - A FEW DAYS AGO; A FEW DAYS FROM NOW - A few days ago the ground and trees were coated with snow. Then it melted, but I believe that it will snow again a few days from now. Life sometimes pulls back our dreams only to produce something better.



2016 12-01, 3324 - REMINDERS OF THE PAST - The iron gate pins at the opening of the graveyard are still attached to the old granite posts that Daniel Jackson erected nearly two hundred years ago. We honor that past when we wander by.



2016 12-02, 3325 - CLOUD ISLANDS - The low moving clouds and mist that flowed through the valley provided glimpses of mountain islands to the west and north. My mind set sail for the distant shores on a voyage filled with adventures. On return I ventured back to reality.



2016 12-03, 3326 - WELCOME SIGHT - The puddles of water were a welcome sight to my eyes. It meant, at least for the time being, the drought was over and the rains arrived just in time before the ground froze for the winter. Life has many kinds of droughts that are replenished.



2016 12-04, 3327 - PLAYING WITH THE LIGHT - I love to watch Nature play with sunlight. It moves the clouds around, bringing to my attention landscape across the valley that I may not have focused on before. Nature also helps me focus on my Soul's purpose.



2016 12-05, 3328 - FEAST FOR THE EYES - The small stump looked like a plate filled with a mushroom feast for the eyes. There were different shapes, sizes, and colors that fed my imagination as I contemplated how this meal provided by Nature nourished my soul.



2016 12-06, 3329 - JOY OF CREATING A NEW TRAIL - Once it is finished, we can step back for a moment and feel the joy of creating a new trail. It gives us a different view of the land as well as offering a different view of life during the process.



2016 12-07, 3330 - SEASON OF MAGIC - There is magic in this season as we progress towards the shortest day of the year. Season lights brighten the nights and fresh snow brings a feeling of newness, but to me the real magic is the spark of love that burns inside of each of us.



2016 12-08, 3331 - GLOW IN THE FLOW - Flowing water has returned to the small brook after the recent dry spell. The other morning the flow had a pink tinge to it as reflected the alpine glow from the mountains across the valley. My heart glowed with the flow of gratitude.



2016 12-09, 3332 - SILENT WORLD - The new falling snow creates a silent world for me as I wander the trails on the mountain, the sounds in the valley, muted and seemingly far away. I hear the soft crunch as I walk slowly along. My goal is to bring this world with me when I return.



2016 12-10, 3333 - Number sequences mean a lot to many people and so this podcast number 3333 is an example of how we are a part of this land; I know we are the current stewards of a special place that is alive and shares the infinite wisdom of Nature.



2016 12-11, 3334 - RED AND WHITE - I have been waiting to greet a new fresh white coating of snow on the red berries at the end of the driveway. To me it a symbol of the season and another opportunity to reflect on the artistic beauty that nature creates for us.



2016 12-12, 3335 - FACING WINTER - The old wagon rests defiantly in the corner of the orchard facing the return of winter as it waits until it will be restored to its original purpose for carrying loads across the land. Winter is a wonderful time to plan for the adventures of spring.



2016 12-13, 3336 - TWO LEAVES ONE HEART - From a distance I saw a heart-shaped leaf hanging on to a branch of a small beech. As I approached I realized it was two leaves that from a distance appeared as one. Two or more positive people combined create a strong energy.



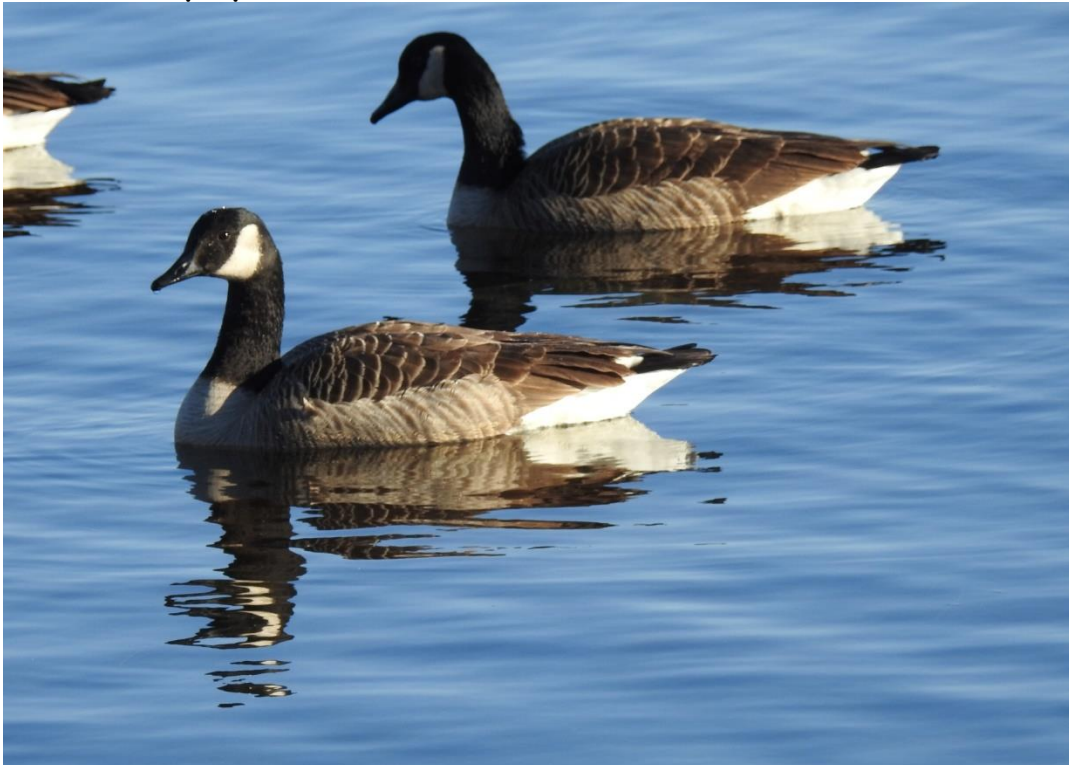
2016 12-14, 3337 - WAITING PATIENTLY - The bench waits patiently for its next visitor to be inspired by pausing for a few moments to rest or perhaps meditate on the beauty of the landscape. In a way, we are all like the bench, waiting to pass on something positive to others.



2016 12-15, 3338 - BITTERSWEET TANGLE - The brilliant late fall berries on the massive tangle of bittersweet vines reminded me of how this invasive plant can take over an area and choke out everything else, just as invasive thoughts can do our minds. Time to pull the roots.



2016 12-16, 3339 - WINTER SWIM - I watched a flock of geese going for a winter swim at high tide. I thought of how they used to migrate out of the cold but now have forgotten the way south. I wondered about people who set down roots and never ventured out into the world.



2016 12-17, 3340 - JUST ME AND THE WIND - I took what may be my last drive of the season through powder snow up into the orchard. The temperature was cold, and as I ventured out of the old truck, it was just me and the wind. The same can sometimes be true in life when we are on an adventure.



2016 12-18, 3341 - BUSY RABBITS - I was surprised to find a well-trodden path crossing the road to the orchard in the fresh snow. The rabbits had been busy. I would never know they were there if it hadn't been for their tracks. There a lot of unseen things around us.



2016 12-19, 3342 - HIDDEN IN THE WOODS - The great Maine environmentalist, Dean Bennett, wrote a book, "The Forgotten Nature of New England", in which he attempted to identify places that have been untouched by man since the time of Columbus. We have a lot hidden in our woods.



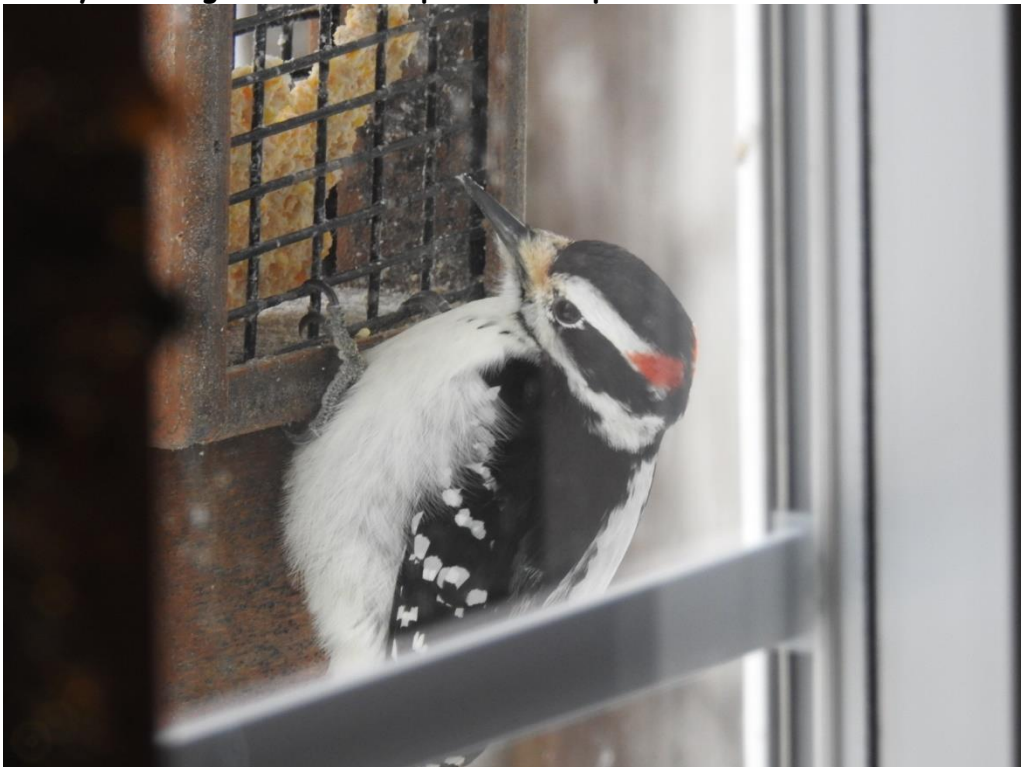
2016 12-20, 3343 - UPS AND DOWNS OF WINTER - As we officially transition into winter, we are already encountering the ups and downs of the season. It can be warm and sunny one day and freezing cold the next. The secret is to start each day with gratitude for balance.



2016 12-21, 3344 - CELEBRATING THE WINTER SOLSTICE - To me the Winter Solstice is a celebration of longer days to come as the sun progresses across the sky. Rose hips and red berries are a symbol of the light of hope that shines through the darkness revealing a positive future.



2016 12-22, 3345 - INCHES AWAY - When the weather does not promote going out into Nature, I only need to look out the window to find wildlife just inches away. The birds of winter provide an excellent opportunity to bring the outside up close and personal.



2016 12-23, 3346 - LIFE IN THE ICE - I love to observe the ice that freezes and thaws and refreezes in the small brook that flows by our home. It is a constantly changing art gallery, and I often find images that represent life in the ice.



2016 12-24, 3347 - SNOWFLAKES - The large snowflake hanging in the window blended nicely with the falling snow outside. It was a peaceful winter scene and one that reflected the opportunity of the season to feel peace in one's heart.



2016 12-25, 3348 - LIGHTING THE CANDLES - The vintage leaded glass wreath we recently bought in an antique shop sprang to life from the light of the shining star in the background. The candles are lit again and shine the hope of peace and love on earth.



2016 12-26, 3349 - FRESH SNOW AND SUNLIGHT - After nature provided a fresh coating of soft fluffy snow, the sun came out and its warm light created a peaceful scene on the mountainside. I paused and took a moment to draw into my heart this beautiful picture.



2016 12-27, 3350 - A HEART STORY - Recently, my wife, my daughter, my granddaughter, and I had a heart experience together when a small heart appeared on my GPS screen as we prepared to drive to a concert. They were all wearing something of my mother's.



2016 12-28, 3351 - BEFORE THE GLOW - Before the alpine glow covers the mountains to the west in a bright pink, I can see the sun casting its rays on the clouds. It is the prelude to the big show. People's successes often reflect hours and years of work to bring about the glow.



2016 12-29, 3352 - AN INCREDIBLE GIFT - Recently my grandson gave me a small rock he had picked up on the mountain several years ago. Holding it my hand, I realized that it was a quartz arrowhead. Our living mountain had given us another incredible gift.



2016 12-30, 3353 - WINTER OUTLOOK - I stood looking across the valley at the mountains to the west and thought of the approaching winter. Do I view it as a child with wonderment or do I dread the cold and snow to come? It is my choice as to how I view life.



2016 12-31, 3354 - LOOKING WITHIN - The exposed inner structure of the old pine showed me how a limb is connected to the heart of the tree. It reminded me of how we are connected deep inside to our soul's purpose. A new year is a good time to look within.

