

Message from the Mountain
2017

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2017 01-01, 3355 - CHANGES IN THE AIR - A new year. New numbers. Changes are in the air as we begin this journey together, each of us having a special purpose to fulfill on our soul's journey. It is time to listen to our inner positive voices as we are guided along our paths.



2017 01-02, 3356 - SILENCE ON THE LAND - We are often asked to silence our phones at public events and in a way, we silence our minds when we step into Nature. It is a place that gives us the opportunity to connect to sources beyond to help bring internal peace.



2017 01-03, 3357 - MAKING TRACKS - The fresh coating on the old road looked like a blank canvas laid out in front of us. Our footprints were the first to make tracks. I was reminded that each day we have a fresh path in front of us to follow as we leave footprints with each step.



2017 01-04, 3358 - THOUGHTS IN THE SKY - Have you ever held a conversation with the sky? I find this one of the best ways to connect with a positive source that offers me guidance. Going for a walk or even just gazing upwards or just thinking about it starts the process.



2017 01-05, 3359 - MARKING THE BOUNDARIES - We recently had our forester remark the boundaries of our property with red paint. The old blazes had faded and it was easy to stray off course. It is good to remark the boundaries of our soul's purpose to help us from drifting.



2017 01-06, 3360 - A HAPPY FACE - I walked down the old road to the neighbor's house the other day, and paused to chat a minute. A large rock caught my attention. There was a happy face in the snow. It was exactly how I felt to be there.



2017 01-07, 3361 - MANY MOODS OF WINTER - Winter weather has many different moods. One day it is freezing and the next day is a thaw. From snow to rain to wind to sunshine, the one consistent thing is the increase of daylight. Light helps change the moods of life.



2017 01-08, 3362 - SILVER BRANCHES - The ice coated branches in the early morning sunlight gave off a shimmering silver hue. I hurried to capture this moment in time with my camera before it disappeared. I was reminded that each moment in Nature is a precious moment.



2017 01-09, 3363 - PANORAMA - It is almost impossible to capture with a single photograph the vast panorama that I see every time I am on top of the mountain; yet the total view is made of many individual images. To see the whole of life, we need to see all the pieces.



2017 01-10, 3364 - TATTERED AND TORN - The bark on the medium sized birch tree was tattered and torn and one might think the tree was in poor health. It was actually in the process of shedding its old skin and growing a new one. We grow the same way.



2017 01-11, 3365 - HIKING THE NARROW TRAIL - I set out on a crisp winter's day to hike the frozen snowshoe trail to the clearing. After a couple of steps, I realized I needed my creepers. If I moved out of the packed surface, I sank into the deep snow, but I persevered.



2017 01-12, 3366 - PUFFLESS - I chuckled to myself as I found a puffball in the middle of the trail on a winter walk. It had a hole in it and it was puffless. It reminded me of people who have lost their puff, their sense of purpose. Fortunately, gratefulness can help get their puff back.



2017 01-13, 3367 - NIGHT VISITOR - The night visitor was back, its ghostly form barely seen as it waited on the branch of a tree, scouring the landscape in search of its prey. Its red eyes glowed like a demon in the glare of the flash from my camera. The barred owl had returned.



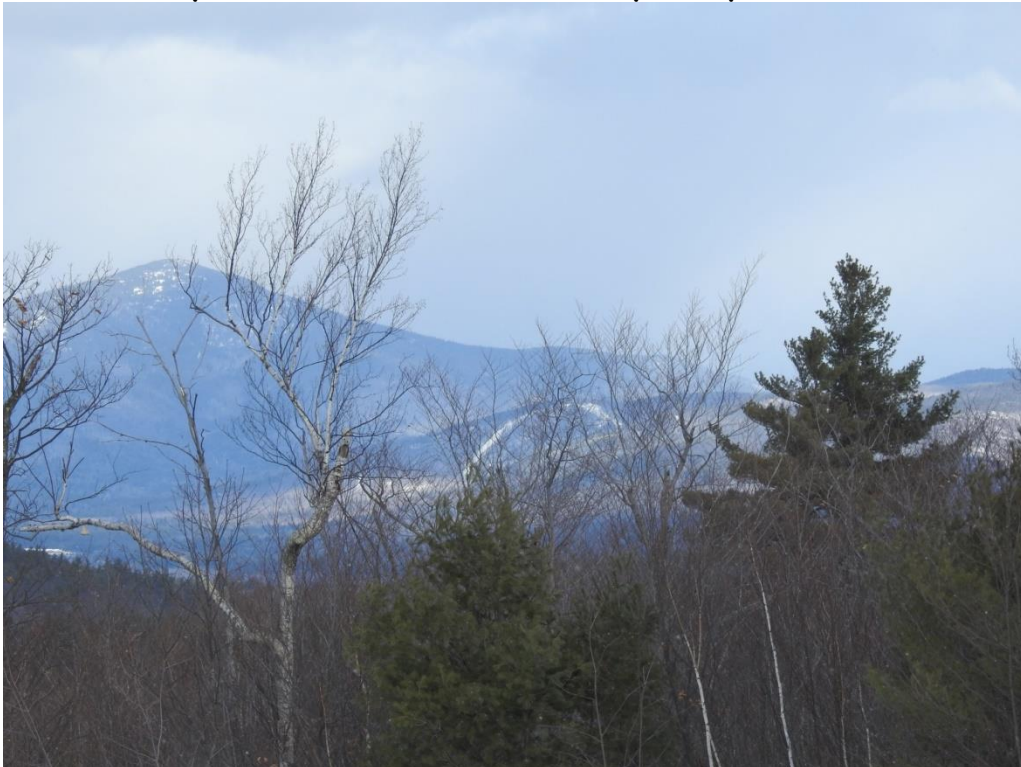
2017 01-14, 3368 - CREATING A CHANNEL - The little brook that runs down the mountainside has created its own groove or channel over time. A couple of hundred years ago, those who settled the land created a channel so the water would power a mill. We are channels.



2017 01-15, 3369 - A GIFT ON THE TRAIL - I came upon a beautiful gift from Nature right in the middle of the trail on a recent walk. It was a special arrangement of dried flowers and leaves. I placed this gift in my mind with gratitude, and continued on my way.



2017 01-16, 3370 - A VIEW OF HISTORY - When I walk the land I have several different views of the history that I am surrounded by. The old walls, an old foundation and the storied Mt. Cranmore, rich in ski history. I also connect to the history of my own soul in Nature.



2017 01-17, 3371 - SOAKING UP THE WINTER SUN - Walking into the clearing I discovered a young man with his old dog sitting on the bench, soaking up the afternoon winter sun. I was grateful he was there and felt the rays of that energy in my heart. I soaked it up, too.



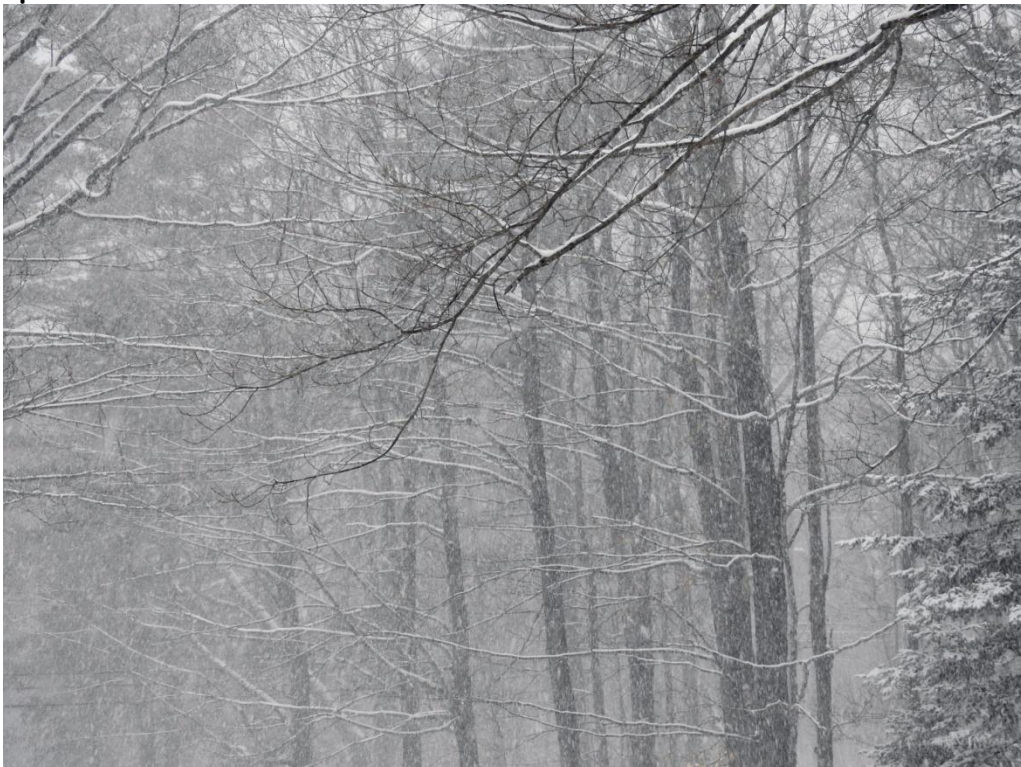
2017 01-18, 3372 - FROZEN WHITES - The peaks of the majestic White Mountains are frozen and from a distance appear to be a different world than here in the valley. In a way they are, and to me they serve as a connection between earth and the vast Cosmos beyond.



2017 01-19, 3373 - WINDING ROAD - The old road winds along as it enters the valley. I have traveled it many times before and know its route. Someone traveling it for the first time would not see beyond the bends. We all wander the winding road of our soul's journey.



2017 01-20, 3374 - WAITING OUT THE STORM - In my younger days I ventured out in all kinds of weather. Now I am more selective, and in times of snow I often choose to wait for conditions to improve. In life we do not need to venture into all the storms around us.



2017 01-21, 3375 - MANTLE OF WHITE - The land, including a large boulder that looks like a half-buried head resting at the edge of a trail, is covered with a mantle of white snow. The land is at rest on the surface. Underneath, energy is building for the spring.



2017 01-22, 3376 - THE MAGIC OF FRESH SNOW - There is something magical about a coating of fresh soft snow. It is like starting out with a clean slate. For others, they may see new snow as a hindrance. Many occasions in life are like that. I prefer to see the magic.



2017 01-23, 3377 - APPROACHING THE VIEW - Every time I approach the view at the top of the mountain, it is with expectations that I will have a positive encounter when I step out into the clearing. Every day I approach life with the same anticipation.



2017 01-24, 3378 - BEECHNUT SHELLS - The crusty snow was littered with the empty shells from beechnut trees, the nutritious contents had long since either been scattered about or eaten by birds or animals. Fortunately, people, who are like empty shells, can be rejuvenated with love.



2017 01-25, 3379 - WITHOUT DEFINITION - When I had cataracts, I relied on the sun to create shadows to help me define the landscape around me. Days without shadows had no definition. In life, without a purpose or goal, we are wandering an undefined landscape.



2017 01-26, 3380 - SLUSH - When the conditions are just right, Nature creates a mixture of snow, ice, and water in the form of slush. If it is too cold, it freezes. If it is too warm, it melts. We are all composed from a mixture of conditions, and that is what makes everyone so unique.



2017 01-27, 3381 - COLORLESS - I watched the day transition to night as the color drained from the sky, and I thought of people who have lost the color in their lives. They have lost their goals and passions, but as in Nature, if they believe, their color will return again.



2017 01-28, 3382 - SHIFTING GLOW - The morning alpine glows are constantly shifting across the horizon with the change in the length of daylight. Each day the spotlight shifts to a new focus just as each day our spiritual lights shines on wherever we journey.



2017 01-29, 3383 - SHINING THROUGH - As I rounded the last turn on Robbin's Way and approached the slope leading up to the clearing on top of the mountain, I was stuck by the sunlight shining through the trees. My mind seemed to clear itself as I approached the open views.



2017 01-30, 3384 - HANGING ON BY A THREAD - In searching for subjects for podcasts, my wife pointed out an old birch, the bark held on the tree by a thin band. I think of all the people that feel as if they were hanging on by a thread. Strength starts with positive belief.



2017 01-31, 3385 - SNOW PACK - Even though the southern part of New England has very little snow covering the ground, it is different in the higher mountains. Here there is a snow pack that will provide moisture in the spring. Now is a great time to nourish spring ideas.



2017 02-01, 3386 - FROZEN GRANULAR - The frozen granular snow surface sent out an icy glare in the afternoon sun. It was beautiful to look at but was treacherous to walk on. One could slip or fall through the sharp thin crust. I decided to take a different route.



2017 02-02, 3387 - HALF WAY - Groundhog's Day is the halfway point between winter and spring. The old road seemed to symbolize the tug of war between seasons, half dirt and half ice. With creepers, I can walk on the ice; without them, I can walk on the dirt. I am prepared.



2017 02-03, 3388 - A RAY OF LIGHT - I watched a ray of light reaching upwards into the sky as the sun prepared to set behind the mountains. To me it was another sign that I do not walk this earth alone. There is a lot more to life than we realize.



2017 02-04, 3389 - WAITING FOR A HIKER - The trail looked pristine as I walked by it. There wasn't a track to be seen in the deep snow that covered the ground. I knew that when it was time, someone would venture for a hike. It was a good feeling to know that it's waiting.



2017 02-05, 3390 - ORCHARD IN WINTER - Hiking in the orchard in the winter is like walking into a different world. Here I am, one with the Cosmos, and when I come to the hustle and bustle of daily life, a part of the orchard comes with me.



2017 02-06, 3391 - RETURN TO THE SEA - We felt the call and knew it was time to return to the sea. Walking along the shore, the vast expanse of water ahead called our minds to sail away to other times with great adventures we may have experienced in our souls' past.



2017 02-07, 3392 - THE MESSENGERS - I heard them calling to me. I located them in a tree overhead and I knew that they had come to show me that the whole of the vast Cosmos was standing by to help guide me on my soul's path. We all have messengers.



2017 02-08, 3393 - UPSIDE DOWN - I watched a flock of ducks feeding in shallow water. Many of them were upside down with only their tails above the surface. They will come back to an upright position nourished and ready for their next adventure.



2017 02-09, 3394 - THE FLOW GOES ON - There is water flowing in the brook this winter. Sometimes the flow is covered with ice, and sometimes it is wide open. There is also a constant flow of energy in Nature that is ready to connect us to great wisdoms waiting for us.



2017 02-10, 3395 - NO DAYS OFF - I suppose that today could be considered a milestone in my life as I reach the three quarters of a century mark, but I have come to realize that there are no days off when one is on assignment for the Cosmos. Every day is a milestone.



2017 02-11, 3396 - IN BETWEEN STORMS - After a long day of clearing snow, I paused to look towards the mountains that had been covered with clouds earlier in the day. I felt their majestic beauty and even though they would disappear again, they would also reemerge.



2017 02-12, 3397 - GUARDIAN OF THE ENTRANCE - I opened the back door and paused a moment when I saw a very small rock in the snow that looked like a face. I knew that one of my guardians was there watching over me.



2017 02-13, 3398 - ANOTHER DAY, ANOTHER STORM - It seems lately that every day or every other day a new storm arrives. Work schedules have been interrupted as well as travel plans for others. Yet for those that are aware, another day is another opportunity.



2017 02-14, 3399 - A BEACON OF LOVE - On a recent walk along the coast we found that the lobster trap tree was now decorated with large hearts. I smiled and captured a photo of this beacon of love to share on Valentine's Day. We can all be a beacon of love.



2017 02-15, 3400 - BLUSTERY DAY - I watched the woodpecker hanging onto the suet feeder on a blustery day. I thought back to the stories my mother used to read me from the daily paper of Reddy the Fox and other wildlife characters. Everything in life has a story.



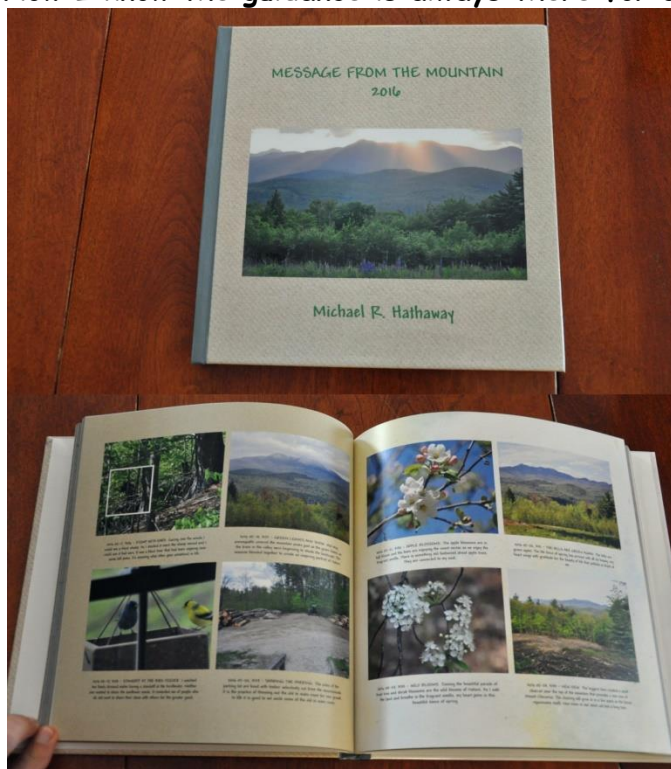
2017 02-16, 3401 - READY FOR SPRING - I faced a wall of snow when I opened the garage door to plug in the old tractor, and my first thought was, "I am ready for spring!" Then I took a deep breath, to deal with the reality at hand. I am grateful for the tractor.



2017 02-17, 3402 - WINTER COLORS - I went searching for some color in a world filled with white and gray. I spied a stump that was framed by sunlight and observed the various shades of browns. It gave me a different perspective on the season and on life.



2017 02-18, 3403 - A BOOK OF MESSAGES - Recently my wife gave me a book of last year's "Messages from the Mountain". I thought back to when they began and how being in Nature seemed to help guide me. Now I know the guidance is always there for all of us.



2017 02-19, 3404 - DEEP UNDER THE SNOW - Deep beneath the snow the sap is stirring in the roots of the sugar maples, and the warm late winter sun will soon pull this sweet liquid upwards to nourish the entire tree. Spring is also stirring deep within our souls.



2017 02-20, 3405 - ENJOYING THE SUN - As the days become longer, the rays of the sun become stronger. There is nothing like the feeling of a late winter sun as it shines on one's face. Nature is also enjoying the rays, whether inside or out. Today is a great day to enjoy the sun.



2017 02-21, 3406 - A RITE OF SPRING - I witnessed a rite of spring I had been waiting for all winter long. It is the attaching of the sap buckets to the maple trees. I know that the warm days ahead will bring forth a bountiful yield that will result in a golden sweetness. My heart sings.



2017 02-22, 3407 - A NEW LOG CABIN - We have a new log cabin on the property ready to be rented for the season. The fee: occupants will supply hours of enjoyable observation as they raise their family. It is a finch cabin built in pioneer tradition. Another joy of Nature.



2017 02-23, 3408 - DRAMA IN NATURE - Nature has so many dramatic moments, such as the setting sun. The scenes may constantly change, but the effect is usually the same. Just witnessing Nature's drama can help my mind drift away from the dramas in the real world.



2017 02-24, 3409 - A PATH IN THE SNOW - I decided not to follow the snowshoe path leading up to the clearing on top of the mountain. Just by seeing where others have walked lets me know that others are benefiting from the energy of the land.



2017 02-25, 3410 - THE SAP IS FLOWING - I watched out the window maple sap being collected. It will be on its way to the sap house where it will be boiled down to a sweet syrup. I know it takes an effort to wade through the snow, and I look forward to the rewards.



2017 02-26, 3411 - REJUVENATION - There is nothing like a walk in spring-like weather, to rejuvenate one's mind, body, and spirit. It is a preview of warmer days to come as well as a time to plan the course of reality of winter dreams.



2017 02-27, 3412 - ANATOMY OF A SINK HOLE - It is that time of year when the melting frost is leaving sink holes that can capture the boot of an unsuspecting walker. Then again, we have sink holes in the mind that capture our fears. Think carefully.



2017 02-28, 3413 - PUDDLING - Melting snow often results in a ground covered with puddles. The child in me sails away on a vast ocean in my mind when I encounter one. Sometimes the puddles are deeper than one realizes, resulting in wandering in over one's boots. Sail carefully.



2017 03-01, 3414 - METEOROLOGICAL SPRING - Meteorological Spring happens the first day of March, and just in time for the celebration this year was my first robin sighting. It has been a long ninety days, but day by day it has moved along at the right pace for my mind.



2017 03-02, 3415 - WHEN LIFE GETS MUDDY - It is mud season, a time when people often venture onto what they think is solid ground only to get stuck. It is easy for our minds to become caught the same way when we are drawn into a negative thought pattern.



2017 03-03, 3416 - SLOW TO GO - Even though the weather has been abnormally warm, the snow up on the mountain on the shaded side has been slow to go. Spring requires a lot of patience as does the whole of life. Nature helps keep us connected to the moment.



2017 03-04, 3417 - SLIGHT DELAYS - Winter has returned for a couple of days causing a slight delay of spring. It is only temporary and soon the melting will resume. Delays in life are often working for us rather than against us. It is afterwards that a delay may make sense.



2017 03-05, 3418 - LATE WINTER GLOW - I braved the cold morning to venture outside to photograph the late winter alpine glow across the valley. My heart glowed with appreciation and my intentions were to translate what I felt into the actions of the day ahead.



2017 03-06, 3419 - SOUNDS OF SPRING - The brook is roaring, the sap is dripping, and the ravens are talking. The sounds of spring abound. Also, the smells and feeling of spring permeate the air. I also know that no matter the season there is always something to discover in Nature.



2017 03-07, 3420 - LIVING BREATHING SKY - I believe that the sky is alive. When I need a sign, it often comes in the sky. It is an incredible artist that provides a constantly changing palate of colors and moods. It is one of my daily inspirations.



2017 03-08, 3421 - SCATTERED - I came upon a large patch of green scattered on top of the white snow. It was the tips of the limbs of a hemlock tree. I don't know why it scattered, but it reminded me of how our thoughts can become scattered and yet may put in order again.



2017 03-09, 3422 - SWIMMING UPSTREAM - The tiny ice figure in the middle of the flowing brook looked as if it was trying to swim upstream. It reminded me of people who keep trying to get ahead but are stuck. The lesson may be to step out of the flow for a new direction.



2017 03-10, 3423 - POSITIVE INDICATORS - There are a lot of positive indicators showing up to provide proof that spring is progressing on its annual journey through the seasons. Positive indicators come to us all the time in Nature to help guide us on our progression in life.



2017 03-11, 3424 - GRUBBING - I watched the turkeys as they grubbed their way across the lawn looking for the smallest morsels of nourishment to give them energy. I was reminded of how people do the same for spiritual morsels that help them remain on their soul's path.



2017 03-12, 3425 - WAITING FOR A REFILL - I chuckled when I saw a white coffee mug hanging on a branch at the trailhead. I imagine someone must have lost it out of their vehicle. I thought of people who feel depleted of energy. A walk in Nature will refill their heart with joy.



2017 03-13, 3426 - SUNNING - I watched a chipmunk soaking up the rays of the March sun. It had just woken up from its winter sleep. People also like the warm rays of the sun as well as the rays of light that come through the heart of gratitude and love.



2017 03-14, 3427 - OAK LEAF BOUQUET - As I walked along I saw bunch of last year's oak leaves clinging together, creating a bouquet for the late winter landscape. Soon the new sprouts will be coming forward with hope of future bouquets. Hope springs eternal.



2017 03-15, 3428 - ICY TONGUE - The recent freeze brought the return of Nature's ice sculptures in the brook. I saw a rock with an icy tongue and was reminded of the words we say. They can be icy and negative or warm and filled with gratitude and love.



2017 03-16, 3429 - SUNNY CORNER - There is a sunny corner in the orchard where the snow melts sooner than in the shaded woods. It is a place we will go for a picnic as the warmth of spring continues to build. Just seeing it creates a sunny corner in my heart.



2017 03-17, 3430 - TWISTED CEDAR - A few years ago we were given a few small cedar trees that we transplanted near the brook. They have grown taller despite the harsh winters that have twisted their trunks. Their strength and resilience are great inspiration to me.



2017 03-18, 3431 - LOOKING FOR BUDS - This time of year I am on constant lookout for new signs that the trees are budding and soon new blossoms and leaves will be coloring the landscape. It is a time to create our goals for the seasons ahead.



2017 03-19, 3432 - NESTING MATERIAL - Hanging on a branch off the side of the old road is what looks to be a piece of shredded carpet. My guess is that it had an encounter with a snow blower. It will become nesting material for the birds and nesting material for my mind to ponder.



2017 03-20, 3433 - SPRING AVALANCHE - We returned from a trip in search of early spring to find an avalanche created by the snow sliding off the roof from the recent big storm. Even though it is spring, Nature has other plans, reminding us that life does not always follow the calendar.



2017 03-21, 3434 - PAINTED SKY - I watched Nature's magic paintbrush create a masterpiece in the early morning sky as the rising sun, the horizon, the ocean and the clouds came together in a one of a kind moment. You are also the artist of every moment of your life.



2017 03-22, 3435 - A BLUSTERY DAY - The wind-whipped sea created a mystical scene on a recent visit to Virginia Beach. It was a blustery day and much nicer watching the weather from inside. I was reminded we can be calm inside of ourselves when life is blustery.



2017 03-23, 3436 - SPRINGTIME ROMANCE - I watched a pair of doves primp themselves on the March spring morning. It is a time of romance for all the birds and animals that visit the land. It is also a time for humans to feel the romance of the coming seasons and share it.



2017 03-24, 3437 - PASSING SHIPS - I watched two ships approaching each other and appearing to be on a collision course. As they slid on by and went their own ways I realized that had I been at a different point of observation, they were far apart. Life is like that.



2017 03-25, 3438 - APPROACHING NIGHT - The sun slipped below the mountains in the west, illuminating the outlines of the giant peaks. Night was approaching. It was a time to see clearly in the evening sky. Clarity of the mind comes from the light within.



2017 03-26, 3439 - WINTER WON'T LET GO - Winter just won't let go, despite what the calendar says. It hangs around like an old habit that we would like to change. Some people like their old habits, but at least we can change if we want. Winter has its own mind.



2017 03-27, 3440 - MYSTERIOUS VOYAGE - I watched the silhouette of the ship sail through the sunrise on its way to a mysterious voyage. My mind could think of many different adventures that lay ahead. Everything in life is a mysterious voyage. We are all on a voyage.



2017 03-28, 3441 - LIGHT RAYS - Rays of sunlight filtered through the dark clouds reminding me of how people either live in love or fear. When we are filled with the light of the vast Cosmos there is no room for the dark clouds of fear. We are never alone.



2017 03-29, 3442 - ICING ON WINTER'S CAKE - I am hoping that the last round of freezing rain and sleet is the icing on Winter's cake. It is time for Spring. Spring is a season filled with dreams and renewal. Then again, Spring is eternal in our minds.



2017 03-30, 3443 - A FEW FEET OF ELEVATION - I am still amazed at how a few feet of elevation can influence the weather. The top of the mountain is often colder and has more snow during a spring storm. Elevating our thoughts from our two eyes to our third eye, opens our minds.



2017 03-31, 3444 - GOING ALONG WITH THE WEATHER - We have two choices, to go along with the weather of the day or resist it. We have two choices in life, to live in gratitude or fear. Gratitude can influence life for the positive. Perhaps it can influence the way we feel about the weather.



2017 04-01, 3445 - APRIL IS FOOLING AROUND AGAIN - April is pulling a joke on us up in the mountains. It should be a time of warm weather and spring flowers. Not this year. At the same time, I am just grateful to experience April's fooling around again.



2017 04-02, 3446 - REMEMBERING A MOMENT - Everyone remembers a moment differently. For me, I feel it. Others may see, hear, taste or smell a memory. A moment can be happy or sad. You can use positive moments to change other parts of your life.



2017 04-03, 3447 - STALEMATE - The clash of the seasons continues. Winter and spring are at a stalemate. Perhaps when all is said and done, summer will take control and move us forward. Life's stalemates are often working on our behalf. We may not know it until they are resolved.



2017 04-04, 3448 - FILLED TO OVERFLOWING - I recently saw a birdhouse that had so much nesting material in one of its compartments that it was filled to overflowing. My mind was filled with thoughts about what I was seeing, but I really didn't know the answer.



2017 04-05, 3449 - TOO MUCH TO BEAR - The old birch finally succumbed to the storms of winter which snapped it off at the trunk. Sometimes we feel the same way in life but we have flexibility in our opportunity to be in tune to our soul's purpose. Flexibility comes from within.



2017 04-06, 3450 - NATURE'S CHANGING SIGNS - I constantly search the landscape for evidence that Nature or the Source is giving me signs that I am on the right path. Recently I saw a face in the snow at the edge of the brook. Then it changed. I captured the moment in my heart.



2017 04-07, 3451 - THE CALL OF THE SEA - The sea often calls to me as I wander through Nature here in the mountains. I wonder where in my soul the attraction first began. Yet when I am at the seashore the mountains whisper my name in the wind. I wonder what draws me back.



2017 04-08, 3452 - SPRING RAIN - I watched out the window covered with drops of fresh spring rain. It was the first of the season and a signal that change has finally come to the valley. It is a time of nourishment for the soil and for the soul.



2017 04-09, 3453 - VANISHING SNOW - The cold weather is receding and the snow is beginning to vanish. It is just one of the rituals of spring that I participate in every year. Each day I will watch until the last patch of white has disappeared. It is a way to participate in life.



2017 04-10, 3454 - LIGHT BEAMS - I noticed a beam of light from the setting sun streaming past the side of the buildings and dipping into the ocean. I was reminded of the beams of light that the vast Cosmos is sending to each of us on frequencies that we can, if we choose, tap into.



2017 04-11, 3455 - FULL MOON POWER - There is a hypnotic magical power in the full moon that can take over our mind's ability to think critically, to influence the tides of the ocean, and to shine a bright light through the darkness of night. The Cosmos also has power anytime.



2017 04-12, 3456 - IT'S BEEN A LONG MUD SEASON - It was over a month ago when mud season arrived and after some snowy setbacks it is still happening. Mud season, just as many other aspects of life, requires patience, knowing that changes will happen soon.



2017 04-13, 3457 - EARLY ARRIVAL - Fluttering wings caught my eye as I played with the water flowing through the parking lot at the Center. I spotted an early arriving butterfly resting on the gravel. I knew spring was here and my days ahead would be filled with discoveries.



2017 04-14, 3458 - SPRING RUSH - The spring rush is on. The water is overflowing the brook as it rushes down the mountainside. The plants are pushing upwards and the birds are returning. It is a time of action, both physical and mental.



2017 04-15, 3459 - A BEAUTIFUL LIGHT - I love to observe the beauty in Nature from the sunshine on the landscape to the moon's travels across the sky. Today is a milestone birthday of a beautiful human light that brightens the world. Happy birthday to my wife, Penny!



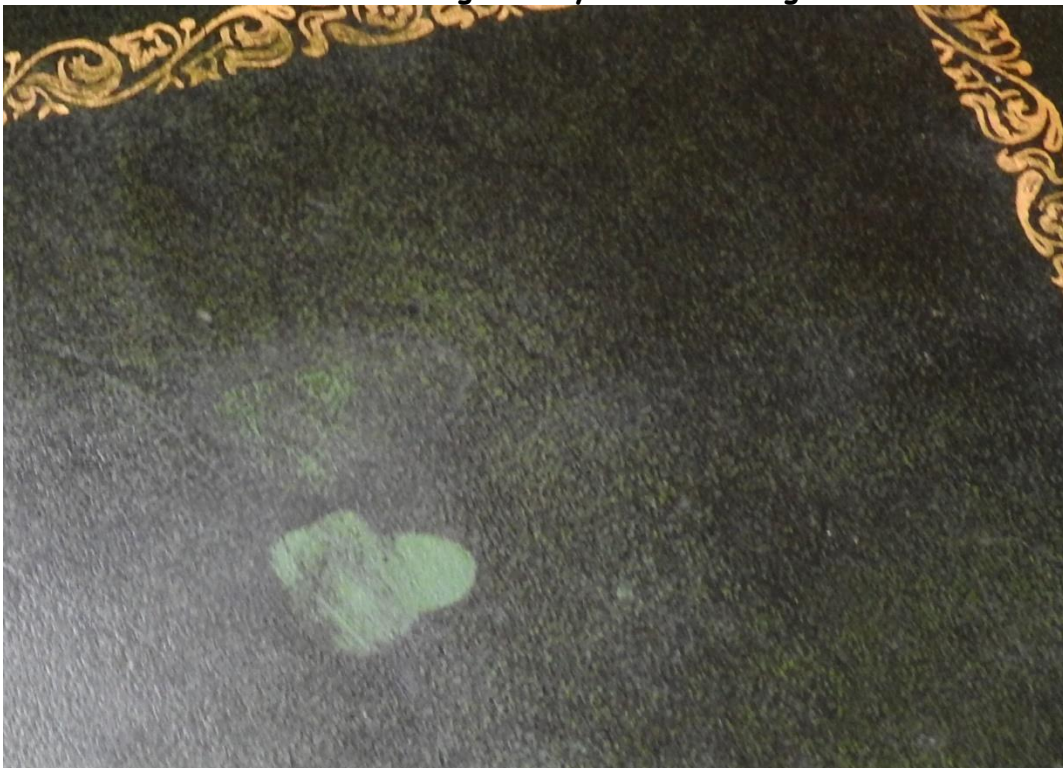
2017 04-16, 3460 - LIFE BLOOMS AGAIN - The crocuses have returned. Life blooms again. Let the real celebration of spring begin. Then I am reminded that spring is eternal and every moment we are on earth, life blooms again, whether it is in the mind or on the land.



2017 04-17, 3461 - BUD SILHOUETTES - The camera caught a scene from a different perspective than I had planned on. The photo came out in black and white even though it was on a color setting. Sometimes our view of life is different from what others see. Something to compare.



2017 04-18, 3462 - LASTING LOVE - My wife has had a leather-top desk that she bought second hand years ago. The other day I discovered one of the old stains on the leather was in the shape of a heart. It had been there all along as a symbol of lasting love. Now it will remind me.



2017 04-19, 3463 - WHEN YOU THINK IT'S OVER - I've come to realize that just when I think mud season is over, it may not be over on the back roads. This was the case when I went up on the mountain. This time I avoided getting stuck. Experience helps us to navigate life.



2017 04-20, 3464 - BEFORE THE LEAVES RETURN - The setting sun caught my eye, and I focused on its beauty, realizing that soon the leaves would return and the view would be blocked until late this fall. I was grateful that I had this moment to be one with Nature's show.



2017 04-21, 3465 - WILLOW BLOOMS - By the time I got to visit the willow bush the pussy willows had gone by and I saw something completely different from previous years. I was reminded that we look for blooms in their prime and miss the before and after.



2017 04-22, 3466 - SPRING COMES TO THE MOUNTAIN - Spring has slowly been advancing north and is now working its way up the mountains. The snow has just about melted and the land is beginning to dry out. It is a time to discover the old again as well as the new.



2017 04-23, 3467 - OUT OF THE MUD - As I was creating water drains in the parking lot on the mountain I happened to look down and there, right at my feet, was a stone heart appearing out of the mud. Its energy touched my heart and together we were one with the Cosmos.



2017 04-24, 3468 - WAITING FOR THE SUN TO REAPPEAR - After a couple of rainy days the buds on the shrubs and flowers are waiting for the sun to reappear. Their bright blooms continue the floral parade through the spring, summer, and fall. The time is now.



2017 04-25, 3469 - FOLLOWING THE OPENING ACT - The daffodils are in bloom! They follow the crocuses that have nearly gone by. It is a constant show of ever-changing scenes. All I need to do is take a moment and become aware of how grateful I am to be an observer.



2017 04-26, 3470 - COMING ALIVE - I love to watch nature come alive again in the spring. From the birds, to the trees and plants, to the little pool at the Center where it is filled with frogs' eggs. Soon the water will be buzzing with activity. It is time for our positive dreams to live.



2017 04-27, 3471 - GROWING EVIDENCE - When I recently hiked up to the field at the top of the mountain, I found growing evidence when I discovered the first lupine of the season. Even though it was tiny, I knew that it and many others would soon cover the landscape.



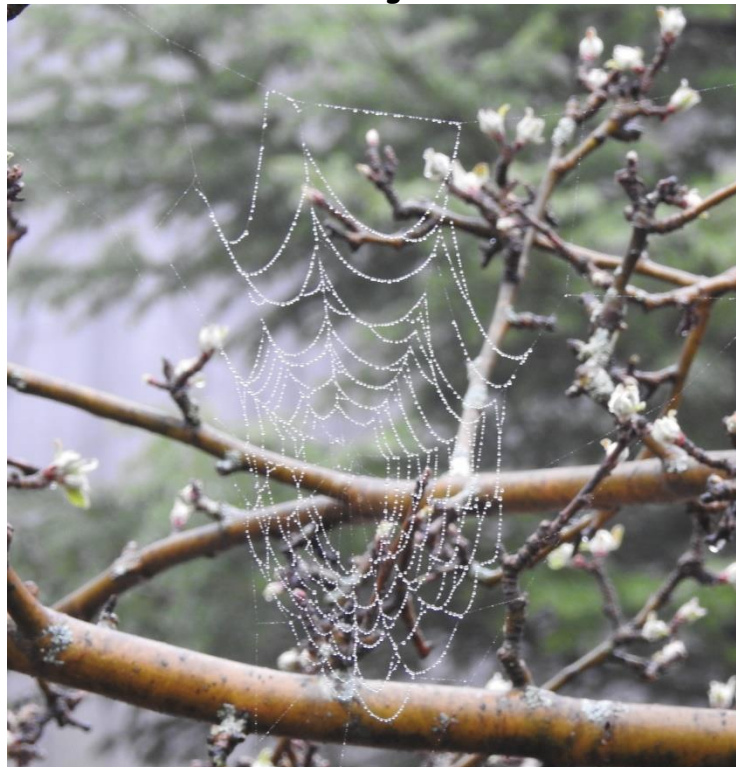
2017 04-28, 3472 - A VISITOR TO THE FLOWER GARDEN - On a rainy afternoon I paused for a moment to gaze out the window at the bright yellow blossoms of the daffodils. My eyes caught sight of a solitary turkey looking for food. Had I not paused, I would not have seen it.



2017 04-29, 3473 - A LIGHT IN THE FOG - On a recent foggy morning a bright yellow splash of color caught my attention. It was a forsythia in full bloom. It lit up my day just by being there. When you connect to heart-felt gratitude, you become a light in the fog of life.



2017 04-30, 3474 - A PEARLY NECKLACE - I spotted a pearly necklace hanging from an apple tree branch on a misty morning walkabout. I was enthralled by its beauty. I knew it was only temporary, and had I not noticed it before. I am glad I did not miss this magical moment.



2017 05-01, 3475 - I WISHED FOR MAY - I have been wishing for May since the first of March. To me May means that spring has really begun. I knew May was coming. I knew May was real. I also know that when we accept that a thought is real, then it is real, just like May.



2017 05-02, 3476 - GREENING UP - The valley is greening up. I can watch this spectacle of spring from the mountaintop as it spreads up the hills across from me. It is a wonderful time to renew our intentions for a productive summer of mind, body, and spiritual growth.



2017 05-03, 3477 - SEEING OUT OF FOCUS - I thought I was focusing on a bunch of pink Mayflowers but what I saw when I looked at the picture was a fuzzy image that seemed to have small faces peeking out from the blossoms. Maybe it was really in focus.



2017 05-04, 3478 - FIRST BLOOMS IN THE FIELD - I wandered carefully through the field to avoid stepping on the young lupine plants while I searched for other wildflowers. There in the middle, out of view from the path, was a splash of yellow. I paused and was grateful.



2017 05-05, 3479 - MAGNIFICENT YELLOWS - Now is the time to take in the magnificent yellows that adorn the valley. All too soon they will fade away as spring marches forward into its next phase. Right now I often pause and take a breath as I drink in the landscape.



2017 05-06, 3480 - LOOKING DOWN ON DAVIS POND - One of my favorite views all year long is looking down on Davis Pond as I sit on the bench at the top of the field. I am reminded of the miniature seasonal villages of my childhood. This is a great place to contemplate life.



2017 05-07, 3481 - MIST ON THE MOUNTAIN - I can watch the misty clouds from the top of the mountain as they flow over and around the peaks and the valley. It reminds me of the flow of energy, both negative and positive, that can flow through our minds.



2017 05-08, 3482 - CRACKED NUT - A flash of red caught my eyes as I walked the trail. It was an acorn whose shell had opened and it was taking root in the soil. It reminded me that when a human cracks their head, often a new thought pattern takes place, wanted or not.



2017 05-09, 3483 - CALM WATERS - It is rare when the ocean is totally calm. It is also rare when our minds are totally calm. When the waters of life get rough, it is good to know that within us is a safe harbor where, with gratitude and love, we can avoid the turmoil around us



2017 05-10, 3484 - AGELESS SCENE - My camera captured an ageless scene that could have been a hundred or more years old. I have seen paintings that remind me of a time gone which are still present in the now and the future. Life is an integration of all that is in our souls.



2017 05-11, 3485 - BIRCH BARK DESIGNS - The designs on a small piece of birch bark torn away from a fallen tree were created by the great artist, Nature herself. It could have been framed and hung on a wall. It is another reminder of the great design of life.



2017 05-12, 3486 - LIFE RETURNS TO THE MOUNTAINS - It is the time of the year, just before summer bursts onto the scene, when life is slowly returning to the mountains. The hills are greening up and the flowers are blooming. They are alive!!! I feel the energy.



2017 05-13, 3487 - TURMOIL - The sea was filled with the energy of an off-shore storm. The waves were high and the waters were in turmoil as they crashed against the rocks. I watched from the safety of the path along the shore. I was grateful to be safe from the turmoil.



2017 05-14, 3488 - NATURE'S GIFT ON MOTHERS DAY- Nature gave my wife a beautiful gift on Mother's Day weekend. A male cardinal, a rare occurrence for us, came to the feeder. I knew the powers of the Cosmos were letting her know how much she is loved.



2017 05-15, 3489 - RUNOFF - The ground is saturated with spring rains and melting snow. It will hold no more moisture and the water runs down the mountain to places where it collects into small ponds and swamps. My mind sets sail on great voyages during runoff season.



2017 05-16, 3490 - THE COMMON EIDER, ONE OF NATURE'S AMAZING CREATIONS - I watched the colorful Common Eider navigate its way through the flowing tide. I was amazed at its beauty and was reminded that each one of us is also unique and amazing.



2017 05-17, 3491 - WHITE WATER - I watched the white water in the small brook as it rushed by me and down the mountainside. My mind was swept away on the forces of Nature to soar to places way beyond my ability to travel there physically. I was one with all.



2017 05-18, 3492 - MID MAY SNOW - I stood on the top of our small mountain and could see the great Whites covered with a fresh coat of snow. It was mid-May, a time to focus on new green leaves, but Nature had turned back the clock. It made the day even more special.



2017 05-19, 3493 - HERE COME THE FERNS - I discovered them in the orchard. Their scouting party poked their heads out of the earth and were checking the temperature. Soon there will be a vast invasion. They are here to end the reign of spring! Bring on summer!!!!



2017 05-20, 3494 - APPLE TREES IN BLOOM - The apple trees are in bloom. I will watch for the bees and look forward to the setting of the fruit and anticipate ripe treats later in the season. I also love to visit the orchard in winter. I am grateful for the apple trees all year long.



2017 05-21, 3495 - KEEPING WATCH - I sat for a few moments on the bench at the top of the field and watched a swallow flit through the air and land on one of the birdhouses. I observed it keeping watch for its next insect meal. In the meantime, I feasted on the scene.



2017 05-22, 3496 - HOVERING GIANT - When I was taking a landscape photo, I became aware that a giant cloud was hovering, creating a dark shadow and covering up the bright sunshine. I knew that it would soon pass over me and the light would return.



2017 05-23, 3497 - LIKING THE MOVE - Just about all the flowers at our home are transplants from someplace else. Once such flower at the Center is an example of a move that has flourished. It is what is done after the move that insures its survival.



2017 05-24, 3498 - WAITING FOR A NEW HOME - Hidden away out of sight on the land is a granite slab that was once a door step for the original homestead. Owners before us planned to reuse it, but it never happened. Our goal is to honor the pioneers of the past and use it again.



2017 05-25, 3499 - BLUE INVASION - We are being invaded again. It has been happening this time of year for several years. It started when friends gave us a couple of small clumps of small blue flowers. They have spread and invaded the lawn. It's like spreading positive actions.



2017 05-26, 3500 - THERE SHE BLOWS - We snuck off to the ocean on a recent afternoon and as we walked along the trail by the edge of the sea we heard a sound that sounded like a whale clearing its blowhole. It was the tide dashing against the rocks. Our timing was perfect.



2017 05-27, 3501 - MANY YEARS AGO - Nearly 200 years ago the man that lived next door built a water powered mill to grind up bark to be used in leather tanning to make shoes. The dam is gone now but evidence remains of its existence. We carry evidence of our soul's journey.



2017 05-28, 3502 - SPREADING THE LIGHT - A few years ago I transplanted a shovelful of tiny white flowers to the Center. They have more than doubled in size and I am reminded of how that when we take positive actions we are sharing a light that will spread like the flowers.



2017 05-29, 3503 - MEMORIAL DAY MEMORIES - The smell of lilacs brings back a flood of Memorial Day Memories. As a small child I would march in the Memorial Day parade carrying a small flag to decorate the veterans' graves. Lilacs were then cast into the lake.



2017 05-30, 3504 - IN THE PRESENCE OF ROYALTY - My heartbeat quickened as I found myself in the presence of royalty. The stunning beauty of a lady slipper caught my gaze and for a moment I was speechless. I am so grateful that the lady welcomed my brief visit.



2017 05-31, 3505 - PINK BUDS WHITE BLOOMS - I noticed a type of lilac that I don't remember seeing before. The blossom consisted of two colors; there were pink buds and open white flowers. Just like in life, there is always something new to discover.



2017 06-01, 3506 - ONE OF A KIND - Our one and only (as far as we know) Jack-in-the-Pulpit is back. It grows under an old pear tree, and we marked the spot to help us find it each year. Then again, every plant, bird, animal, cloud, and human is one of a kind.



2017 06-02, 3507 - GROUND COVER - I enjoy the many different ground covers that I observe on the land. Some I have planted and some Nature has planted. I look at ground cover as an attempt to create a patch of beauty. Positive thoughts sown with gratitude do the same.



2017 06-03, 3508 - SIGNS ARE EVERYWHERE - There are signs everywhere. At least in my mind there are. I am constantly seeing heart shapes that I interpret as affirmations that I am not alone. Then there are signs when I happen to look at a clock and see matching numbers.



2017 06-04, 3509 - FRINGE GROWTH - This time of year the fir trees have a fringe of bright green at the tips of their branches. This is evidence of new growth. We often grow and change without noticing it. It sometimes takes an observer to see the progress someone else is making.



2017 06-05, 3510 - ALL MOVED IN - Last fall I put out a notice on Facebook looking for some bluebird renters for the newly constructed houses our son placed in the clearing. It has been our intention for years to attract these birds. Intentions are the first steps to being a reality.



2017 06-06, 3511 - BEGINNINGS - The first blossoms on the lupine plants in the field signal the beginning of a very special time of year on the mountain. In a week or so there will be many such blooms, but it begins with the first ones. We begin again every second in our walk of life.



2017 06-07, 3512 - WEDDING BACKDROP - The beautiful bridal wreath with its lacy white flowers would make a perfect backdrop for wedding pictures. Even though this shrub has never been a part of such a joyous occasion, it still creates joy for those taking the time to admire it.



2017 06-08, 3513 - FROM A HIGH PERCH - I watched a large bird swoop in from the woods and land on a high perch over my head. I caught a hawk's silhouette with my camera and it caught my mind as it scanned the landscape. For a brief moment I saw the world differently.



2017 06-09, 3514 - WHERE THERE'S STILL SNOW - On a clear day I can still see the snow that covers part of Mount Washington. The weather may be warm in the valley but cold enough in the higher elevations to prolong the melting. We hold on to things beyond their season.



2017 06-10, 3515 - BEAD PARADE - On a rainy morning I watched a parade of water beads line up along a daylily leaf. I thought of a statement that I once read that said there was a rain forest in every drop of water. I know that I need to look beyond the drop to see the forest.



2017 06-11, 3516 - ANCIENT WISDOM - I often wonder, as I gaze across the valley to the mist covered mountains on the other side, what ancient wisdoms they may hold. Then I think about peoples' souls and wonder the same thing. You know more than you realize.



2017 06-12, 3517 - BUTTERCUPS - One of my favorite wildflowers ever since I was a child is buttercups. In fact, a part of me has never grown up. I am still a child of Nature and every day look to discover the magic that surrounds me. Buttercups are magical.



2017 06-13, 3518 - GROWING WILD - Nature provides most everything man needs to survive. It is all there growing wild. Most of us have forgotten what our forbearers knew. We do not recognize the gifts Nature provides. Maybe it's time to rediscover life in totality.



2017 06-14, 3519 - TRAIL WALK - I have many special spots that I enjoy along our trails. This time of year, it is the canopy of leaves overhead that draws my mind to soar. It is a healing for the past and a new perspective for the moment and the future.



2017 06-15, 3520 - REVISITING THE FIELD OF DREAMS - Twenty-five years ago we purchased the top of a mountain, all woods at the time. Our forester created a large clearing with a beautiful view. It is now a field blooming with lupines. Believing turns dreams to realities.



2017 06-16, 3521 - SEEING LIFE THROUGH THE HEART - I looked through a heart of trees and saw the field of lupine and the mountains beyond. My heart sang a song of love and gratitude and I knew that this heart view of life follows me wherever I go.



2017 06-17, 3522 - THE FLAGS OF SUMMER - The flags of summer are flying proudly, standing tall over the landscape. The blue land colors and the yellow water colors remind me to pause, take a breath, and appreciate all that Nature provides us.



2017 06-18, 3523 - BIRD IN THE HOUSE - I happened to look out a window and glanced at a pottery bird house that has hung on the end of the garage for years without occupancy. I saw a flash of movement as a chickadee entered the house. If I had not been looking, I would never have seen it.



2017 06-19, 3524 - BLACKBERRY BLOSSOMS - The blackberry blossoms are in full bloom and offer the promise of fresh fruit later in the summer. Nature is the bearer of hope for the future and a great bridge to the reality of the dreams to be fulfilled inside of your mind.



2017 06-20, 3525 - LUPINE DANCE - The lupines are dancing in the breezes that flow through the valley. I watch the performance and then let my eyes drift on to the mountains forming the backdrop for the performance. Each moment is a precious experience.



2017 06-21, 3526 - ONE A DAY - There is a belief that if we take something that is healthy once a day it will produce benefits for a person. Experiencing Nature once a day can pay big dividends. Currently I am inspired by the daylilies that produce a flower for one day.



2017 06-22, 3527 - WAITING FOR A MEAL - Through the lens of my powerful camera I could see the baby bird poking its head out of the opening to the birdhouse as it waited for a meal. I was having a meal myself, a special inspirational one, served by Nature.



2017 06-23, 3528 - A DEEP CONNECTION - When I first saw my wife many years ago while we were in high school, I felt that we had a deep connection. Now I realize that nature is a part of that thread as we enjoy both the mountains and the seashore. We still share this daily, celebrating 55 years of marriage.



2017 06-24, 3529 - REFLECTING THE LIGHT - The stream of light reflecting off the water reminded me of the light that flows into our hearts from the greater Cosmos beyond. When we are in tune with it, we are just a reflection of an incredible and powerful source of love.



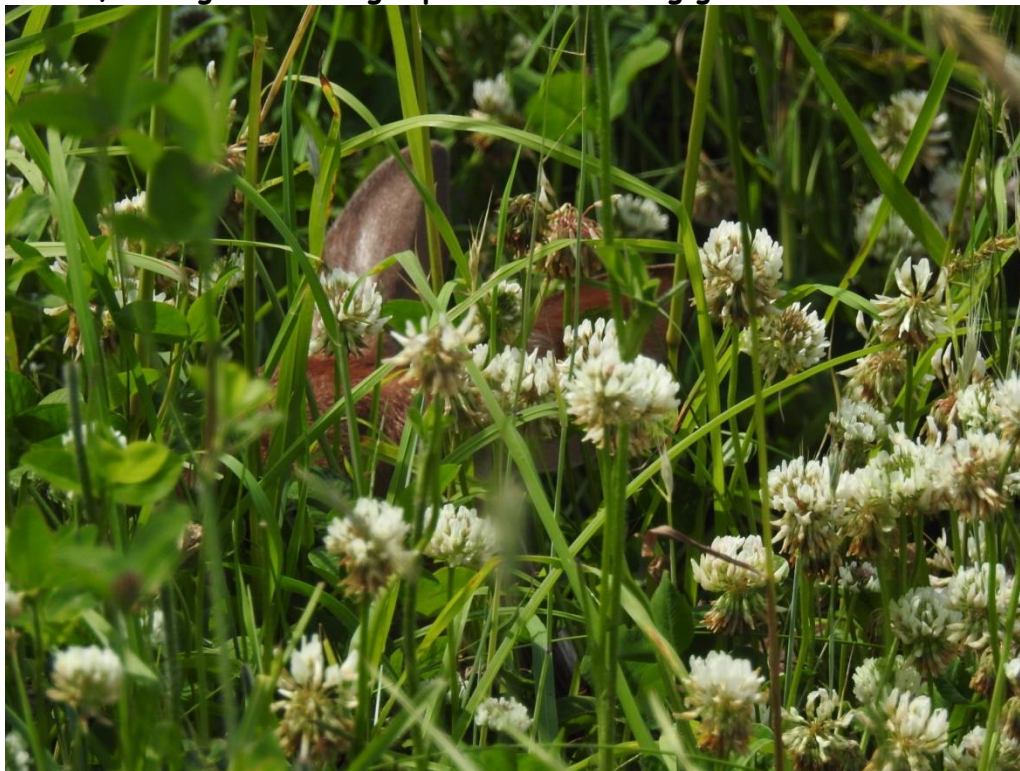
2017 06-25, 3530 - STEALTH TOAD - I caught a small flash of movement under my feet as I walked the trail. At first look, there was nothing, and then I saw a toad. Nature had given it an almost invisible camouflage coat. There is a lot around us we often don't see at first.



2017 06-26, 3531 - TINY RED BEAUTIES - A flash of red caught my attention as I approached the ledge. I knew that the tiny red wild columbine blossoms were open. It was like greeting an old friend again. I paused to appreciate them and be grateful.



2017 06-27, 3532 - HIDING IN THE CLOVER - I noticed a tiny brown spot at the edge of the field. As I studied it, it moved and I realized it was a tiny fawn. It hid in the clover. Through my powerful camera lens, I caught a faint glimpse. I left feeling gratitude.



2017 06-28, 3533 - A FAWN IN THE LABYRINTH - A few days after my first fawn encounter on the mountain we went to the Center to work on the Fairy Garden and the Labyrinth. As I was picking up debris I saw a brown stump covered with spots. It was another sign.



2017 06-29, 3534 - WAITING FOR AN ADVENTURE - The sailboats anchored in the harbor reminded me of all the adventures that were waiting to happen when these vessels set sail. Then I became aware that I was on an adventure as I wondered about our next port of call.



2017 06-30, 3535 - STUDY IN BLUE - At times it seems as if I am aware of one color more than others. Right now, it is a study in blue. The flowers, the sky, the mountains, and the water all capture my attention. Tomorrow it might be yellow. It makes no difference.



2017 07-01, 3536 - CATCHING A WAVE - The waves on the coast of Maine are not usually large unless an ocean storm is off the shore. I have watched surfers practice on the small ones waiting for the bigger ones to happen. We often ride the waves of life, preparing for the big ride.



2017 07-02, 3537 - A TINY ISLAND - The small boulder at low tide was a tiny island full of adventure. As the water rose, the island disappeared, leaving me to wonder what else was hidden beneath the sea. What mysteries just underneath the surface are hidden in my mind?



2017 07-03, 3538 - SWEET SUMMER - As I approached a water feature at the Botanical Gardens in Maine, a sweet smell brought back memories of my youth. The past, the future and the present all came together and I was a child again.



2017 07-04, 3539 - CELEBRATING WITH FLOWERS - Red, white and blue flowers planted on a flower wall at the botanical gardens on the coast of Maine help celebrate our nation's birthday. Nature gives us the opportunity to find freedom in our thoughts, as does this country.



2017 07-05, 3540 - A WATCHFUL MOTHER - I watched three small bear cubs scamper across the front yard headed towards their mother who was waiting at the foot of the drive beside the busy road. She kept her family together until the traffic cleared. Animals are evolving, as are humans.



2017 07-06, 3541 - WANDERING THROUGH THE FIELD - I wandered through the field on a beautiful summer morning in search of new wildflowers. Every step I took provided me a new view, not only of the landscape but of life in totality. And yes, I did find a new flower.



2017 07-07, 3542 - A NEW FLOWER - My thoughts wandered during my last podcast and I did not have time to tell about the new wildflower I discovered in the field. It proved to me that Nature always has something new to discover, and so does life when we take the time to look.



2017 07-08, 3543 - FOXY LADY - I encountered the foxy lady at the edge of the frog pond. She stood tall and silent in the daylight. I smiled and felt my heart melt with appreciation for being in the presence of her beauty. I carried the smile with me through the rest of my day.



2017 07-09, 3544 - FEEDING HER BABIES - I saw a lot of blue movement on the ground below the bird feeders and focused on a mother blue jay (it could have been the father) teaching her young to gather food. I knew that I was given a sign of new growth for the future.



2017 07-10, 3545 - ORANGE DAYLILIES - When I see the orange daylilies in bloom, I know that summer is in full swing. My mind slips back to driving country roads and discovering an abandoned patch of these beauties, surviving long after the people that planted them had moved on.



2017 07-11, 3546 - A WHITE THEME - A grouping of white flowers caught my attention and I began to think about how life often appears in themes, such a seeing matching numbers over and over or a certain species of wildlife. Is there something more to this synchronicity?



2017 07-12, 3547 - DEER FOOD - I knew the deer had been feeding a mere fifteen feet from our house by the condition of the hosta leaves. They had come and gone without me seeing them. There is a lot in life we miss when we overlook the clues that are right in front of us.



2017 07-13, 3548 - FROM FLOWER TO SEED - I watch the lupine grow from the first small shoots of green in the spring until the seed pods mature and release their tiny investments for future growth. We do the same when we share our positive thoughts and actions.



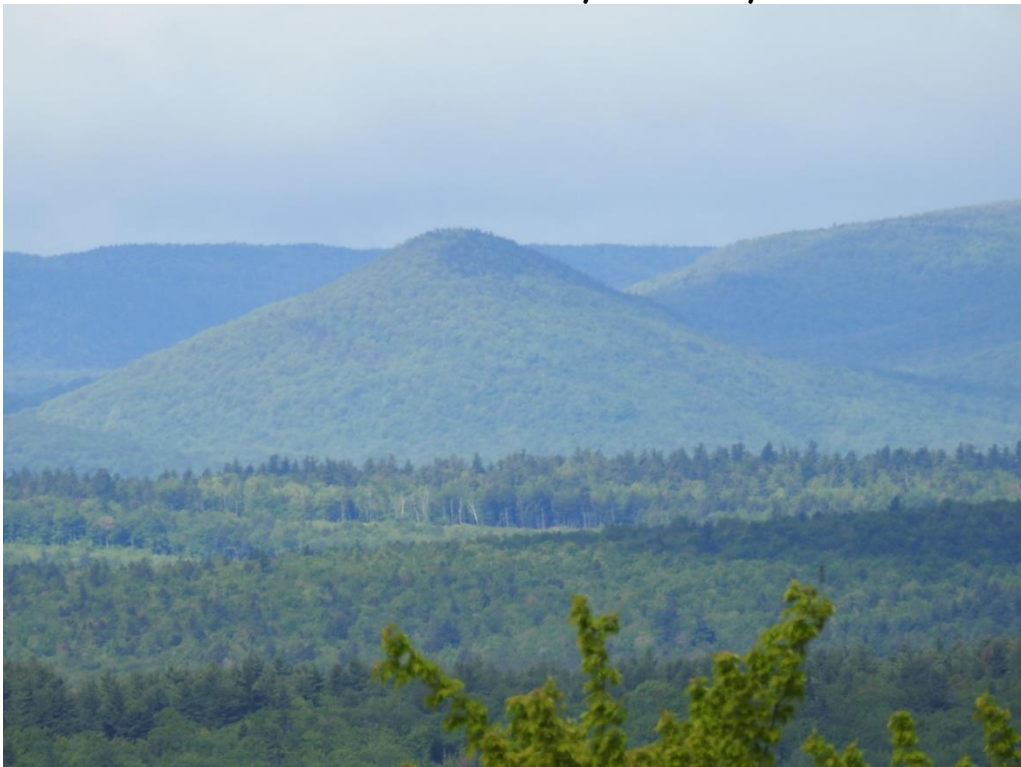
2017 07-14, 3549 - WILD PINK LAUREL - Even though the flowering season of the pink laurel has come and gone the memory of its beauty lingers with me through a photo. Nature's benefits can linger on when we imagine it in our minds or live it through a photo.



2017 07-15, 3550 - A LONG FORGOTTEN ROSE - Recently I saw something red near an old stone wall in the middle of our lawn. I investigated and found a rose I had planted years ago and forgotten about. The maple shading it had fallen down, and the rose bloomed again.



2017 07-16, 3551 - ANCIENT BEACON - I often gaze at an ancient beacon projecting into the sky that I can see from the field on top of the mountain. I wonder what its true nature really was or still is. I love the idea that the earth still has many ancient mysteries to reveal.



2017 07-17, 3552 - WELL TRAVELED - I admired a hydrangea blossom on a small shrub I transplanted at the Center a couple of years ago when the Historical Society build was being moved. I wondered where it had originally come from. It's like our positive actions that we share.



2017 07-18, 3553 - RED MUSHROOM - Summer rains mean mushrooms take over the forest floor. Their shapes and colors are magical and mystical. Some are very poisonous. I do not touch - just marvel and wonder how they came to be.



2017 07-19, 3554 - COLORS OF SUMMER - It is that precious time of year when the colors of summer create a lush pallet to feast upon. The days are long and the air is warm and filled with invigorating aromas. It will pass by all too soon, especially when we are unaware.



2017 07-20, 3555 - BUTTERFLY FOOD - The milkweed is in full bloom in the orchard. It is nourishment for the insects that busy themselves gathering the rich nectar. The plants are also rich food for my eyes and for my soul.



2017 07-21, 3556 - GHOST WEBS - As I approached the field on a hazy mystical morning, I was mesmerized by the ghost webs wet with dew staring up at me from the ground. I knew that when the hot sun caught up with them they would disappear only to haunt again.



2017 07-22, 3557 - THE VALUE OF NATURE - What is the true value of Nature? Is it the land, the minerals under it, the wood that grows on it, the wildlife that live in it, or is it the opportunity for us to connect to something that gives us a deeper meaning to life?



2017 07-23, 3558 - A NEW GREEN BENCH - There is a new green bench located on a special spot on a new trail currently under construction. It was placed there by the designers. It is already attracting positive energy to help fuel the souls of those that pause there and reflect.



2017 07-24, 3559 - ALMOST READY TO PICK - The wild blueberries on the mountain are almost ready to pick. Although my intentions are to harvest them, I might get distracted by the time they are ready and miss my chance. To me, their real value is appreciating them now.



2017 07-25, 3560 - LILIES, LILIES, EVERYWHERE - Every day during the summer season there are new daylily blooms which bring joy to all that pause and celebrate the beauty of these colorful and intricately designed plants. I see each person in the same light, differently each day.



2017 07-26, 3561 - THE NATURE OF GRATEFULNESS - Nature is a wonderful place to practice gratefulness, whether it is in the mountains, by the seashore, looking up at clouds or watching wildlife. Heartfelt gratefulness promotes positive thoughts and results.



2017 07-27, 3562 - MUSCLE POWER - When it came time to remove the old dead pine that fell across the place where we have been developing a reflection space, I made use of the muscle power of our grandson who was doing community service for his school. Gratefull!



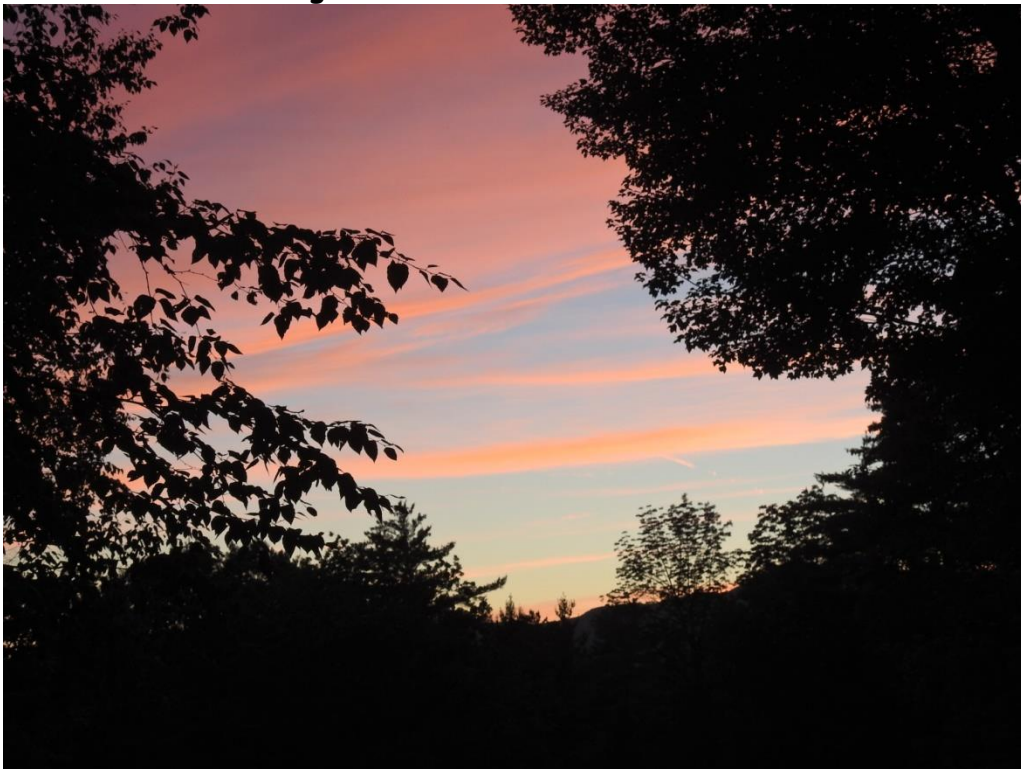
2017 07-28, 3563 - SUMMER FUN - In my youth I looked forward to summer vacations swimming in the lake, rowing the old boat, and sitting on the front poach as a thunder storm passed by. Now I enjoy the little things, admiring the flowers, smells, and the songs of the birds.



2017 07-29, 3564 - A BLUE BENCH APPEARS - Recently I mentioned that a green bench had appeared on a new trail being created at the Center. Now another bench, a blue one, has also materialized. I am witnessing a group effort do something special for many people.



2017 07-30, 3565 - AN EVENING PINK SKY - As the sun sets earlier each evening, my attention turns to a beautiful pink sky and I remembered that it had been a while since I had focused on this nightly ritual. I discovered it again for the first time.



2017 07-31, 3566 - HELD UP BY A BOULDER - The large pine would have fallen over if it wasn't for the boulder nestled up beside it. There was a visible heart on the large rock and to me it is the symbol of the strength that our heart has when combined with positive thoughts.



2017 08-01, 3567 - THE BEGINNING OF GOLDENROD SEASON - The goldenrod are beginning to blossom and the nights are getting cooler as the days become shorter. Changes are in the air. Before that time in the future, today is the day that has marvelous discoveries waiting.



2017 08-02, 3568 - BROWN-EYED BOUQUET - On the first day of August a brown-eyed bouquet greeted me from across the field. For a moment, I was one with the beauty of Nature as it brought nourishment to my whole being.



2017 08-03, 3569 - NATURE'S ROYALTY - Another one of Nature's royal family is currently gracing the field with its delicate white blossoms. Queen Ann's Lace reminds me that just as Nature plants seeds of life on barren land, people plant the seeds of positivity.



2017 08-04, 3570 - A MAGICAL AFTERNOON - On a warm summer's day I walked from the orchard to the field with my wife and granddaughter where I sat on the bench and watched the moving clouds while they picked blueberries. The magic of the moment lingered.



2017 08-05, 3571 - GATHERING A FEAST - I watched my granddaughter and my wife gather a feast of wild blueberries while I feasted on the beauty of the scenery that surrounded us. Later I feasted on a newly baked cobbler. Nature nourishes in many ways.



2017 08-06, 3572 - A CONNECTION TO THE PAST - The ripe blackberries waiting to be picked brought me back in time to my childhood and the delicious black fruit that my great aunt would make a pie from. We all have Nature memories waiting to be rediscovered again.



2017 08-07, 3573 - STUDYING THE SKY - From the top of the mountain I can watch the clouds move across the sky. I look for guidance in the images I see. I often wonder if the Cosmos is listening to me as I seek, and the answer always comes back, "Trust."



2017 08-08, 3574 - TINY GROWTH - At the peak of the growing season each year there are sprouts from tree stumps that can grow over four feet, covering up many of the tiny plants on the forest floor. In life, slow steady progress often is more productive than big flashy displays.



2017 08-09, 3575 - SUMMER PINKS - I enjoy the pastel colors of summer, especially the pinks that blend in with the green leaves. Life often takes on a pastel flow as the lazy days drift by faster than the rest of the year. It is time to set fall goals.



2017 08-10, 3576 - WHAT DO YOU KNEAD? - When I made bread the other day I thought back to my mother and grandmother who faithfully kneaded the dough and to the wonderful aroma that filled the kitchen while it baked. Kneading the dough helps us with life's needs.



2017 08-11, 3577 - LATE YELLOWS - The late yellow daylilies are opening, nearly two months after the earlier yellow variety. In life, there are late bloomers that often get overlooked when they develop their abilities. The same with the flowers; one needs to look to see.



2017 08-12, 3578 - CLUES IN THE WALL - I recently discovered what looked like a shelf in an old stone wall that I had passed by for ages. It may have held something special many years ago. Of course, it could be just my imagination, but I have discovered other clues nearby.



2017 08-13, 3579 - BEAUTY COMES IN MANY SIZES - I have come to appreciate the flowers that Nature provides. There are large ones and there are tiny ones, so small that they are often overlooked. Nature reminds us that beauty comes in many sizes.



2017 08-14, 3580 - MATURING GROWTH - The summer growing season is just about over in the field. The grass and lupine have gone to seed. Before long I will mow. It is a timeless ritual that has gone on for centuries. It is a time to reflect on the maturing growth of the summer.



2017 08-15, 3581 - ENLARGING THE OPENING IN THE WALL - It was time to enlarge the opening in the wall that I first created years ago, moving stone after stone by hand. Now I have an old tractor to help. Progress starts with the movement of a single stone.



2017 08-16, 3582 - NATURE IS AN EXPERT DESIGNER - I spotted a mushroom on the forest floor with a unique design. I thought about the birds, flowers, insects and animals that are each special in their own ways and I realized that life must have some grand design to it.



2017 08-17, 3583 - THE ROAD TO WITHIN - Walking from the open field to the road into the woods is symbolic of how I journey within. Starting from the outside I progress to my heart and once there I am free to float off into the vast expanse of the Cosmos.



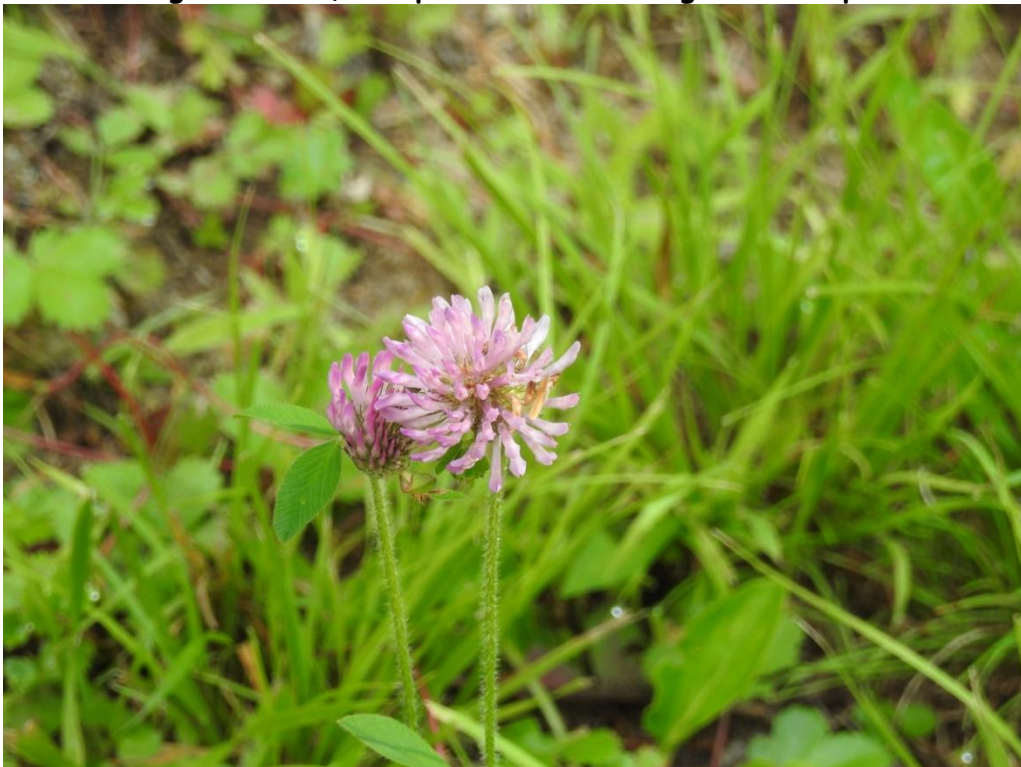
2017 08-18, 3584 - A PLACE TO CONTEMPLATE - I have spent a lot of time contemplating life on the mountain over the years. I like being up high where the world stretches out below and the sky is endless above. Now I often take that connection with me wherever I am.



2017 08-19, 3585 - SILENT WITNESS - The old wagon has rested silently for many years in a corner of the orchard witnessing life passing by. Each of us is, in our own way, silent witnesses to the world around us and the memories of our own souls.



2017 08-20, 3586 - A SINGLE CLOVER BLOSSOM - A single clover blossom caught my eye as I walked the path from the orchard that led me into the woods. I was reminded that our individual thoughts, just like the single blossom, are part of a much larger landscape of life.



2017 08-21, 3587 - THE JOY OF A RAINY DAY - I realized as I experienced a rainy day recently, that occasionally they give us the opportunity to pause and reflect as well as dream about the future. It was with joy that I relished this time to pause and briefly escape from a busy world.



2017 08-22, 3588 - READY AND WAITING FOR THE WIND - The beauty of a flower blossom that has evolved to have its seeds spores ready and waiting for the wind to carry them across the landscape reminds me of how we release our positive thoughts and actions to soar.



2017 08-23, 3589 - THE ECLIPSE EFFECT - I watched the moon glide silently in front of the sun creating a partial eclipse. I have heard stories of an eclipse affecting animals and people, and I wondered if the power of unconditional love could eclipse the darkness of hate and fear.



2017 08-24, 3590 - BILLOWING UP - I watched the dark cloud at sunset billowing up from behind the mountains and as I captured the scene with my camera, I was reminded that thoughts billow up from our unconscious minds. We can change the color of them with love.



2017 08-25, 3591 - DOUBLE BEAUTY - As July fades into August our double orange lilies blossom and I am reminded by their beauty of how a heart-based action may cause a second wave of gratitude when we experience our intentions by helping others.



2017 08-26, 3592 - AN AUGUST EVENING - It is a rare occasion when I find the opportunity to visit the mountaintop in the evening. I was able to do that recently and in the golden glow of the setting, I watched the dragonflies soar, and so did my heart.



2017 08-27, 3593 - NEW ADDITION TO THE ENCHANTED PATHWAY - One of the women that comes to the Center asked if there was any use for some small birches she needed to cut on her property. She is building a birch teepee for the Enchanted Pathway. Another act of kindness.



2017 08-28, 3594 - CLEANING UP THE BLUEBERRIES - If we don't pick our blueberries as soon as they are ripe, they disappear. This year we were fortunate enough to enjoy a quart or two before the ravens and turkeys took over. The nature of life often requires give and take.



2017 08-29, 3595 - PHLOX GONE WILD - Years ago I thought I would develop some flower gardens, so I transplanted plants from other places, including phlox. Over the years they have gone wild and seeded themselves all over. What if that happened to our positive actions?



2017 08-30, 3596 - THE LAST LILIES OF THE SUMMER - The last lilies of the summer are now in bloom and it won't be long before the leaves on the maples begin to turn. I am grateful for these lilies as I think they are the most beautiful ones of the year. I look for gratitude all year.



2017 08-31, 3597 - PONDERING LIFE - I watched a seabird all alone as it walked along the sand looking as if it was pondering life. I wondered if it was thinking of humans and how they act. I wondered about how we are all connected by a vast web that touches all things.



2017 09-01, 3598 - CHURNED UP - An ocean storm far off shore can send out an undercurrent that can churn up the waters on another shore. People get churned up by the undercurrents of negativity. Love can calm the seas of life.



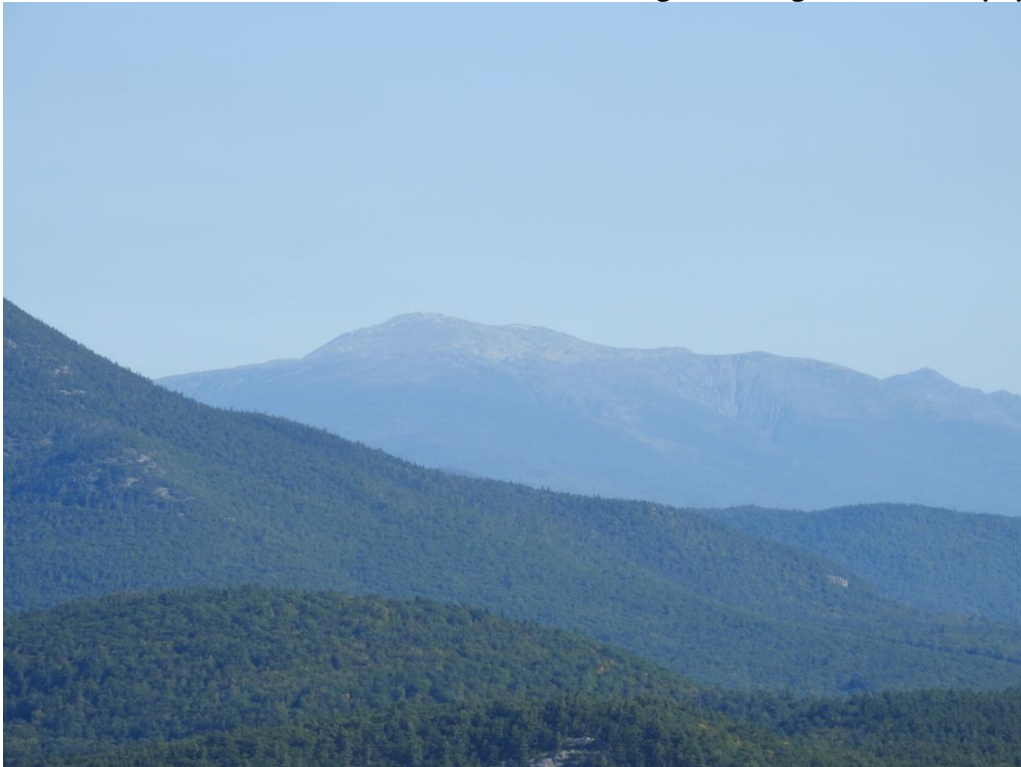
2017 09-02, 3599 - NATURE'S CLUES - The early red leaves on the maples are a clue from Nature that fall is on its way. Life itself gives us clues to changes in the air; when we pay attention to the clues that we constantly receive from the Universe.



2017 09-03, 3600 - FUZZY BLOOMS - The fuzzy blooms of the sumac look soft and cuddly. However, this tree is not one of my favorites. It is hard to keep it from overgrowing the property. It reminds me of some people and things in our lives that aren't as they appear to be.



2017 09-04, 3601 - A TRACE OF WHITE - There was a trace of white on Mount Washington the other morning, the first snow of the season. It is still early, but the proof is on the mountain. We often get intuitive hints of what is ahead in our lives. It might be a good idea to pay attention.



2017 09-05, 3602 - HEAVY LADEN - The old semi-dwarf apple tree is laden with ripening fruit this year. I haven't pruned it for a while and the tall limbs are not very strong. Had I pruned it, I may have gotten less fruit but they would have been bigger. It is good to prune in life also.



2017 09-06, 3603 - FALL RITUAL - A year ago I started a new fall ritual when we purchased a field mower to pull behind the Bobcat. There is something very meditative that happens as I make pass after pass in the afternoon sun. It is good for the field and the soul.



2017 09-07, 3604 - WATCHING THE WEATHER - The weather forecast called for heavy rain later in the day so I rushed up the mountain to move the mower to a safe place in the orchard. I saw the rain clouds approaching and knew that as in most days the weather was in control.



2017 09-08, 3605 - PREPARING THE LAND - With the help of my old tractor and my Bobcat service vehicle we have been preparing some of the land for an upcoming event. I thought back to the farmer and the man who build the Center. They had prepared it before for us.



2017 09-09, 3606 - PEAK AFTER PEAK - On a September evening I paused to look at the sea of mountains in front of me and later as I viewed the picture I had taken I saw even more details, peak after peak. Life has more than one view to it as nature showed me again.



2017 09-10, 3607 - DAILY CHANGES IN THE COLORS OF FALL - Nature has speeded up her artistic work as fall evolves. She is changing the colors every day. If one is not aware of the process, it is easy to miss out on the beauty that surrounds us, not just in the fall.



2017 09-11, 3608 - RAIN MIXED WITH SUNSHINE - As we arrived at the clearing, I saw rain drops fall through the sunlight. It was a mystical scene. I attempted to capture what I was observing in a photo and realized that Nature was teaching me another lesson about life.



2017 09-12, 3609 - IMAGES IN THE SKY - The sky is a constant fascination for me. I am always seeing something different in its colors and cloud formations. Sometimes I feel I am receiving insights relating to my soul's journey. Sometimes it's the awareness of beyond.



2017 09-13, 3610 - LATE SEASON LUNCH - I watched a bumblebee and a wasp have a late season lunch on the same plant. Before long they will have to rely on the nectar they have stored for their long winter's sleep. I also had a luncheon feast as I watched the marvels of Nature.



2017 09-14, 3611 - PAINTING THE LEAVES - Nature has its paint brushes out again and is beginning to highlight the green leaves in red and golds. All too soon its art gallery will be filled with masterpieces. Then it will be on to the next exhibit. It's all free and waiting for us to visit.



2017 09-15, 3612 - ALMOST LOST IN THE GRASS - My wife pointed out a very small wildflower growing in the grass. I could have very easily missed this small gem of Nature. I was reminded that it is easy to lose sight of beautiful gems in life by not looking for them.



2017 09-16, 3613 - A BENCH FOR JAN - Today we scatter the ashes of Janice Weinraub in the lupine field on top of the mountain where her spirit can soar in the White Mountains she loved so much. A new bench will be place under a pine where others can rest and soar also.



2017 09-17, 3614 - RED LEAVES & GRANITE - I love the colors red and gray when they are used together like in Nature's creation of red leaves and granite. I am grateful for the opportunity to marvel at the beauty that exists around me and in my memories.



2017 09-18, 3615 - MOVING A BUILDING - It was time to get the little 8' x 8' skeleton of a building from the middle of the recent celebration at the Center to a place beside the Grace Trail and the Meditation Garden. It was a chore, but with persistence, was successful.



2017 09-19, 3616 - BLUE-WHITE SKY - The sky is always different. Sometimes it's the colors that catch my attention. Sometimes it's the cloud formations. Each time I look, I am always captured by its magic. It fills my heart with gratitude and connects me to the Cosmos.



2017 09-20, 3617 - HIDING AMONG THE FERNS - My eyes picked up the small butterfly as it skipped across the orchard. I followed it until it landed on a clover blossom. Had I not seen it land I would have missed it as it paused, hiding among the ferns. There is a lot hiding in life.



2017 09-21, 3618 - ON A MISTY MORNING - On a misty morning my wife and I loaded the memorial bench for Jan into the truck and drove it to its resting place under the tall pine at the edge of the lupine field. Here many will sit, reflect and dream as they pause for a moment?



2017 09-22, 3619 - IT'S ALIVE - The "hairy" fungus growing out of the tree appeared to have an eye looking back at me. It seemed alive, and of course it was. I wondered how it got its shape, how it grew, and what it had seen.



2017 09-23, 3620 - A CROP OF STONES - The first result of creating a garden in this area is a crop of stones. Then there is a sedum that blooms in the fall called Stonecrop. When I observe a pile of stones with a stonecrop plant, I appreciate the two elements united.



2017 09-24, 3621 - LET THE DRYING BEGIN - It is the season where man and Nature alike begin to dry the crops that have been raised so that the fruits of their labor will be saved for another season to grow anew again. I wonder who taught who first?



2017 09-25, 3622 - IS ANYBODY HOME? - My son took a picture up on the mountain of a large opening in a hollow tree and titled it, "Is Anybody Home?" As I studied the photo, I could see what looked like fingers gripping the side of the opening as well as a face.



2017 09-26, 3623 - ENJOYING A WARM EARLY FALL EVENING - We walked to the clearing and sat on the bench, watching the dragon flies flitting back and forth. It was a special moment and I will walk it over and over in my mind.



2017 09-27, 3624 - LEAF CATCHER - I noticed some red leaves seemingly suspended in the air and getting closer, I saw that they were hanging off the dead limbs of a fir tree as if placed there by Nature decorating for the season. There was still some use left in the dead fir.



2017 09-28, 3625 - INTRICATE BEAUTY - For the past few years Nature has provided an exhibition of intricate beauty on an old stump. The fungus that appears is complex and looks as if it should be on the bottom of the sea. It will soon disappear as the exhibit changes.



2017 09-29, 3626 - READY TO DROP - It looks as if the pine cones on the large tree at the bottom of the lupine field is about ready to drop its seed cones. Originally the field was just a clearing and the goal was a young crop of pines. We are all seed trees ready to drop positive thoughts.



2017 09-30, 3627 - NATURE AT WORK - As I drove slowly down the trail leading past some of last year's logging operation I saw an opening filled with white. It was Nature at work, getting ready to cast out seeds to rejuvenate the landscape. We can cast out positive actions.



2017 10-01, 3628 - A CHANGE IN THE AIR - A fresh cool breeze touched my face as I sat for a moment in the clearing. It was a change in the air from the recent fall heat wave. The mountains were in focus, as was my mind, providing a fresh perspective to life around me.



2017 10-02, 3629 - PICKING TIME - It is time to pick the small crop of apples from two trees in front of our house. It has taken a long time for them to bare enough fruit to make a pie or crisp. It also takes patience when we plant a crop of positive actions for them to mature.



2017 10-03, 3630 - SILENT BELLS - Looking through the camera lens I could see two bell-shaped growths on the old dead birch. I had never focused on their shapes before and now I am aware of the silent music they play as they swing in the breeze. Silent music is all around us.



2017 10-04, 3631 - FALLING UP - It's taken a while for Nature to paint the landscape in reds, yellows and golds, but the season is finally falling up. It is a time to step outside and breathe the fresh air and take in this beautiful season of life.



2017 10-05, 3632 - AN OCTOBER SUNSET - I hurried to get to the top of the mountain before the sun set to the west. It was not especially spectacular until after it had sunk below the horizon. Then the sky turned golden. Sunsets and sunrises are never the same, nor is daily life.



2017 10-06, 3633 - A WAYS TO GO - The road, unknown, can seem as if there is a ways to go before the destination is reached. The fall foliage has a ways to go before it reaches its peak. The journey often involves the unknown. Time and distance move one step at a time.



2017 10-07, 3634 - A MAGIC WINDOW - I looked through the magic window created by the opening in the leaves and my mind soared through and out into the Cosmos. I became one with all for a moment in time that touched eternity. Nature provides many different windows.



2017 10-08, 3635 - GUARDING THE TRAIL - As I came to the turn for Carter's Cut, I became aware that I was being watched by a large tree spirit guarding the trail. I knew that it was aware of my positive intentions and I thanked it for being there and continued on.



2017 10-09, 3636 - CLEARING THE CLEARING - I recently mowed the orchard, clearing away the summer's new growth. When I first cleared it, I spent a summer cutting away the forest to find the apple trees. Once we accomplish something, it is good to keep it up.



2017 10-10, 3637 - PRESTO CHANGE-O - It seemed as if the leaves were never going to change this year when overnight, "Presto Change-O" the mountains and valley are filled with color. In life, it is the willingness to accept that thoughts are real that can help manifest positive results.



2017 10-11, 3638 - COLOR IN THE HIGH COUNTRY - I can see the color in the high country from the top of the mountain spreading downward across the land. Each breath of fresh air is a precious moment to celebrate the beauty of Nature and life.



2017 10-12, 3639 - FRAMING THE VIEW - At the top of Kyle's Trail, Nature has provided a natural picture frame that hikers can step through into the view from the Lupine Field. When we see something differently in life, it helps frame our perceptions.



2017 10-13, 3640 - THE JOY OF BEING IN NATURE - Although it is my intention to be in Nature every day, I sometimes get sidetracked and don't have the opportunity to feel the joy of being there in person. When that happens, it increases my gratitude for my next visit.



2017 10-14, 3641 - LOOKING DOWN ON THE POND - From the top of the Lupine Field I can look down upon Davis Pond, a small body of water in the valley below. It looks like a tiny old-fashioned toy village from this perspective. Sometimes it is good to see life differently.



2017 10-15, 3642 - THE TABLE IS SET - I smiled as I saw the leaves on the old mill stone and I knew the table was set for a feast for the eyes of fall colors, tastes, smells and the feel of cooler air. When this feast is over, Nature will provide another one as it does all year.



2017 10-16, 3643 - A GOOD PLACE TO READ THE PAPER - Lately, with the beautiful fall weather, when I get a few moments to read the paper, I take it and a bottle of water and walk from the orchard to the Lupine Field. The paper is just an excuse to smile a lot in Nature.



2017 10-17, 3644 - OPEN SPACE UNDER THE TREES - A few years ago we cleared the underbrush from underneath some big trees on top of the mountain. It gives us a different view. Clearing away the underbrush in my mind can help me see things differently.



2017 10-18, 3645 - FALL FERNS & WHITE BIRCHES - Nature decorates the trail to the ledge, creating a beautiful landscape of fall ferns and white birches. Passing by, I pause and feel gratitude for the opportunity to be here and for all the wonderful miracles in life.



2017 10-19, 3646 - PEAK COLOR - From the top of the Lupine field, the valley and the mountainsides beyond are covered with the peak colors of fall. To some, this year's leaves have not been as brilliant as in the past. I choose to look for the peak color of every day, all year long.



2017 10-20, 3647 - A CARPET OF LEAVES - The fall winds tugged at the colored leaves on the trees freeing them to float to the ground creating a crunchy carpet for me to walk on as I ventured along the trail. I smiled to myself and felt rejuvenated as I returned.



2017 10-21, 3648 - CLOSE TO HOME - I realized in my search for fall beauty that right now some of the best is close to home. The same is often true when we are searching for answers or direction in life. We may already within reach much of what we need.



2017 10-22, 3649 - THE TURTLE WATCHES - On the top of the ledge a piece of granite battered by centuries of the elements rests silently. From a certain angle it reminds me of a turtle. I wonder if it had a special meaning to the ancients. I wonder what it is watching for.



2017 10-23, 3650 - THE TRAIL DOWN THE MOUNTAIN - From the Lupine Field I have several paths I can follow. The trail down the mountain leads to choices of the routes. In life we have choices in the paths that take us to our destination.



2017 10-24, 3651 - TURNED INSIDE-OUT - The winds blowing across the valley turned the remaining leaves on the trees inside-out. To me, it was a reminder that the season was changing. The winds of life can swoop across us, but our beliefs can hold us in place.



2017 10-25, 3652 - A VIEW FROM THE BIG LAKE - On a recent fall cruise around Lake Winnepesaukee I was impressed with the majestic mountains that rise upwards towards the north. If I had not traveled to the lake, I would never have seen the whole of their beauty.



2017 10-26, 3653 - THE LAST OF THE COLOR - I walked to the Lupine Field on a cloudy, drizzly afternoon knowing that overnight the rains and high winds would tear the last of the colorful leaves off the trees. I was not disappointed. Each moment in Nature is special.



2017 10-27, 3654 - TAKING FLIGHT - Nature created a beautiful composition of red leaves and the seeds of a milkweed pod ready to take flight in the winds of fall. I am reminded that now is the time for the inspirations and changes one has been thinking about to take flight.



2017 10-28, 3655 - GRAYSCALE - When looking at a black and white photo, it is like peering into the soul of the composition. One can see the pureness of the emotion. In life we are used to color and sometimes miss looking into the soul of the moments we find ourselves in.



2017 10-29, 3656 - COATED IN WHITE - From my viewpoint the top of Mount Washington was coated in white. I knew the season of change was at hand. I sat on the bench and breathed in the beauty as I felt gratitude for the moment.



2017 10-30, 3657 - RED BERRIES OF AUTUMN - Many years ago Nature planted a beautiful bush at the edge of the stone wall. This time of year its red berries and green waxy leaves brighten the landscape. Life is a blend of what we are given and what we do to enhance it.



2017 10-31, 3658 - GHOSTLY WEBS - Nature decorated the trees with spooky webs as Halloween drew near. She is reminding us of the invisible spirits that walk the land and have for thousands of years. Today is the day ancient shamans journeyed to the Center of the earth.



2017 11-01, 3659 - IN THE DARK - The past couple of days we are experienced the longest power outage since the ice storm of 1998. We are not set up for off-the-grid living and it changes our daily patterns. Then I think of those without power for months. I realize that wasn't so bad.



2017 11-02, 3660 - AFTER THE STORM - The storm's high winds and rain struck overnight, leaving a path of destruction in its wake. Still, compared to the ice storm of twenty years ago the task of cleaning up the trails was small. I am grateful for that.



2017 11-03, 3661 - FADING AWAY - The last of the fall foliage is fading fast. Soon the beauty of fall, as well as the recent storm, will only be memories. Each of us recalls differently. Some live in the past while others live in the future. Experiencing the last of the color was in the now.



2017 11-04, 3662 - DAWN'S FIRST LIGHT - I love to see the first light of day sweep across the land, and recently I witnessed and photographed a very special sunrise from the shore of the ocean. I was immersed in red, and as the sun rose it created a dramatic scene. One moment.



2017 11-05, 3663 - GOING LOONY - As the moon once again nears its fullness, a recent photo I took of loons on the big lake seemed appropriate for today's subject. There seems to be a different energy this time of month that affects peoples' thinking unless they are grounded.



2017 11-06, 3664 - OUTLINED AGAINST THE SKY - Sometimes the opportunity is presented that lets you see clear images in your mind. This was the case as I photographed the buildings across the bay at dawn. In life that is the time to act.



2017 11-07, 3665 - UNDER THE SOIL - The heavy rain and the runoff water have worn the shallow soil of the ledge buried below. Many years ago the mountain was probably bare of vegetation. I wonder what else is hidden under the soil, as well as what is in plain sight.



2017 11-08, 3666 - SILENT SENTRY - In the early morning light a silent sentry stands guard, surveying the ocean shore from its perch on a lamppost. In the forests, giant trees are doing the same. When we are aware of the Nature around us, we are too.



2017 11-09, 3667 - A NEW LAYER FOR THE FOREST FLOOR - The forest floor is littered with new fallen leaves that will eventually become new soil that will provide nourishment for new growth. Life can be a constant renewal.



2017 11-10, 3668 - VANISHING VIEW - The fog was coming in and the view of the buildings on the shoreline was disappearing. I was reminded that in life, when we forget to connect to our hearts, our view of purpose can become blurred and disappear. The heart can reconnect us.



2017 11-11, 3669 - A HAWK IN A TREE - I often see hawks flying over the old road as I drive to and from the orchard. The other day one landed on the limb of a tree and stayed long enough for me to take its picture. In gratitude, I thought of other positive encounters I have had.



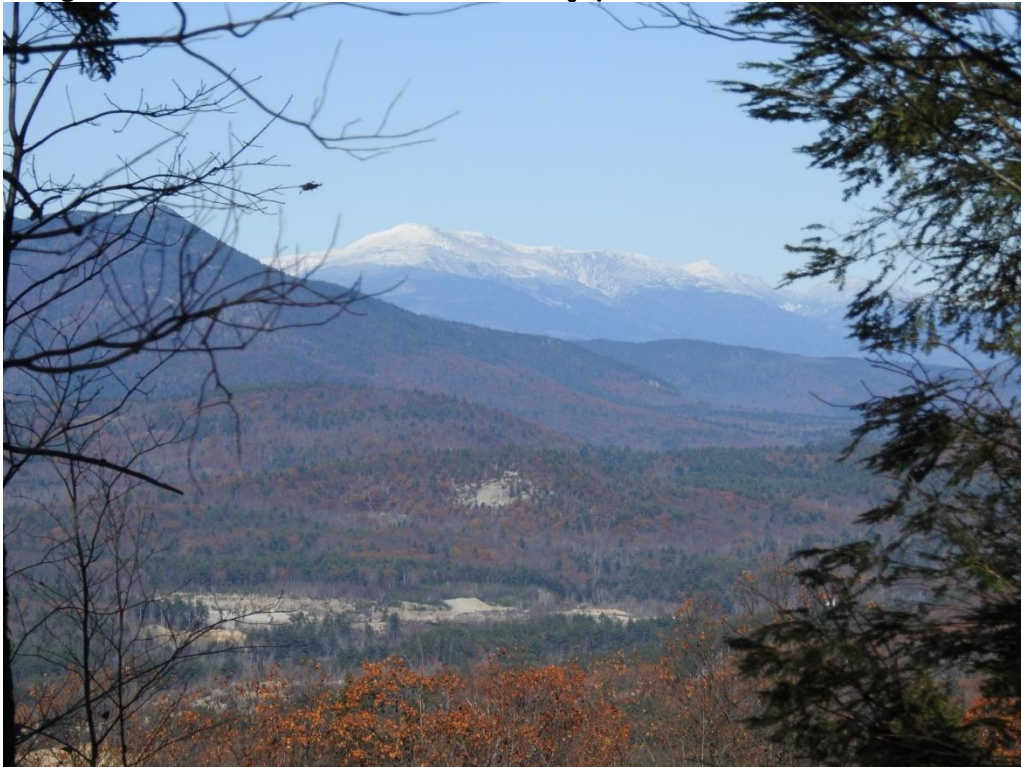
2017 11-12, 3670 - WHEN NATURE BECOMES THE CANVAS - My wife and I recently have been working on a project that is designed to enhance the beautiful view Nature provides from the mountain top. Penny has been clearing away the underbrush to create a work of art.



2017 11-13, 3671 - PATIENT CREATIVITY - Working with machinery and tools often requires a good deal of patience to safely achieve the creative results one is seeking. This is especially true when working the land. It is good for the mind, body, and soul and for all who visit.



2017 11-14, 3672 - LOOMING IN THE DISTANCE - As I stepped out into the top of the Lupine Field, what I saw looming in the distance could strike fear or excitement into the hearts of many. The signs of coming winter were there. I chose to enjoy the moment with all its beauty.



2017 11-15, 3673 - SNOW ON THE LEAVES - The first snow came before many of us here in the mountains were fully prepared. In fact, the leaves were being blown off the front lawn while the snow was coming down. Still, there was beauty in the moment.



2017 11-16, 3674 - WHITE CAPS - The tops of the highest mountains are now wearing their winter white caps. The valley is still in the middle of the transition from snow to melt to snow again. I can feel the winter winds blowing across the peaks. I feel calmness in the change.



2017 11-17, 3675 - HIDING IN THE SHADE - From the edge of the Lupine Field I could see snow hiding in the shade where the sun's rays could not find it. Our mind has a shaded section that hangs onto old thought patterns.



2017 11-18, 3676 - NOVEMBER FINDS - Once all the fall color has faded away, November provides the opportunity for many new finds that were hidden throughout the landscape. When I discovered some lingering mushrooms, I realized my day was being enriched by Nature.



2017 11-19, 3677 - UNADORNED BEAUTY - In the dark and dank landscape of November I find unadorned beauty. The bare limbs and gray bark of the trees, the faded browns of fallen leaves, and the foreboding sky cause me to pause and give thanks.



2017 11-20, 3678 - A MAGICAL MOSS ISLAND - The tiny moss island with a dried leaf shoreline and surrounded by an ocean of snow caught my eyes. The kid in me came out in my mind and I journeyed this tiny world. Being a child is something many adults forget how to do.



2017 11-21, 3679 - STAYING PUT - It is easy this time of year to find myself staying put on cold drizzly days or when the wind blows the cold air from the snow-covered mountains peaks. Then I am reminded that if I stay put all the time, it gets harder to venture out.



2017 11-22, 3680 - SEASONAL BOUQUETS - Nature is providing many different seasonal bouquets for my eyes to feast on and for my heart to be grateful for. It is the small green leaves, the white snow, and the natural shapes of the tree branches that capture my attention.



2017 11-23, 3681 - THANKSGIVING GRATITUDE - The beautiful alpine glows that cover the snow-covered peaks with pinks reflect how my heart feels about the opportunity to live here on the land with a special family and friends. I intend to keep feeling this every day.



2017 11-24, 3682 - WATCHING THE FLURRIES - From the top of the Lupine Field we can see snow flurries drift in and out of the larger mountains to the West and North. Sometimes they travel to our location. It is a great time for positive changes for the mind, body, and soul.



2017 11-25, 3683 - SEEING THROUGH THE TANGLE - Now that the leaves have gone, I can see the view through the tangle of limbs outside my window. The view is an illusion because it looks like a lake is there. The more you clear a mind tangle, the clearer it gets.



2017 11-26, 3684 - ICY FINGERS - The icy frost fingers have begun to reach up through the ground to catch us in their frozen grasp. They are beautiful in their own way but warn of colder weather coming. The best way to cope is with warm gratitude in your hearts.



2017 11-27, 3685 - MATCHING ORBS - Two different people took pictures from about the same position a couple of weeks apart that had matching orbs in them. The question is, was that a fluke or do orbs contain an unknown energy?



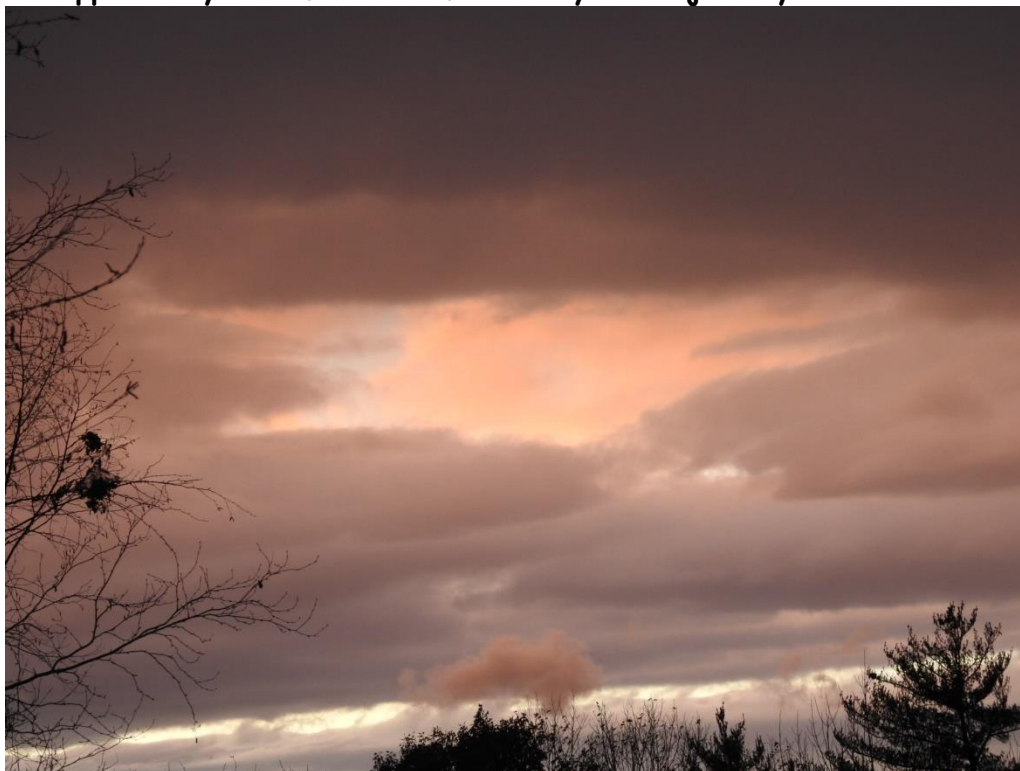
2017 11-28, 3686 - MORE NOVEMBER MARVELS - I spent a lot of time during the late fall season searching the landscape for the marvels of November that are overlooked during the growing season. When I find them, I am reminded that I do this in life every day.



2017 11-29, 3687 - FROZEN FROG POND - The small frog pond at the Center is frozen over and it reminds me of the large bog behind the house I grew up in. Both places have provided my mind many adventures. There is an adventure waiting for us every day.



2017 11-30, 3688 - NOVEMBER SKIES - November skies can be very dramatic. The colors vary from dark and foreboding to brilliant reds, pinks, yellows or blues. They are always different and always provide an opportunity to reflect on life and my soul's journey.



2017 12-01, 3689 - RED BARBERRIES - The small red barberries stand out in the dull landscape of late fall. Even though they are considered an invasive plant, they are still a welcome sight this time of year as December has appeared. I am grateful for their presence.



2017 12-02, 3690 - PARTRIDGE IN CAMOUFLAGE - The partridge wearing its camouflage suit of feathers walked across the road to the orchard right in front of my truck and I captured its image before it disappeared into the woods. I was fortunate to have it cross my path.



2017 12-03, 3691 - RED MATCHSTICKS - Tiny red matchstick moss stands out to me as I scan the forest floor looking for December inspiration. I found it and remembered my grandmother gathering it to fit in her small glass bowl to bring seasonal brightness and cheer inside.



2017 12-04, 3692 - PERFECT PRESCRIPTION - Recently I heard a news report that stated that physicians and therapists were beginning to give their patients a prescription to go out and experience Nature. It has been found that being in Nature can help improve one's wellness.



2017 12-05, 3693 - FINDING YOUR PASSION - As I observed the brilliant red sunset over the ocean recently, I thought about my passion for Nature and how much it has positively influenced my life. That passion translates into sharing our life purpose with others.



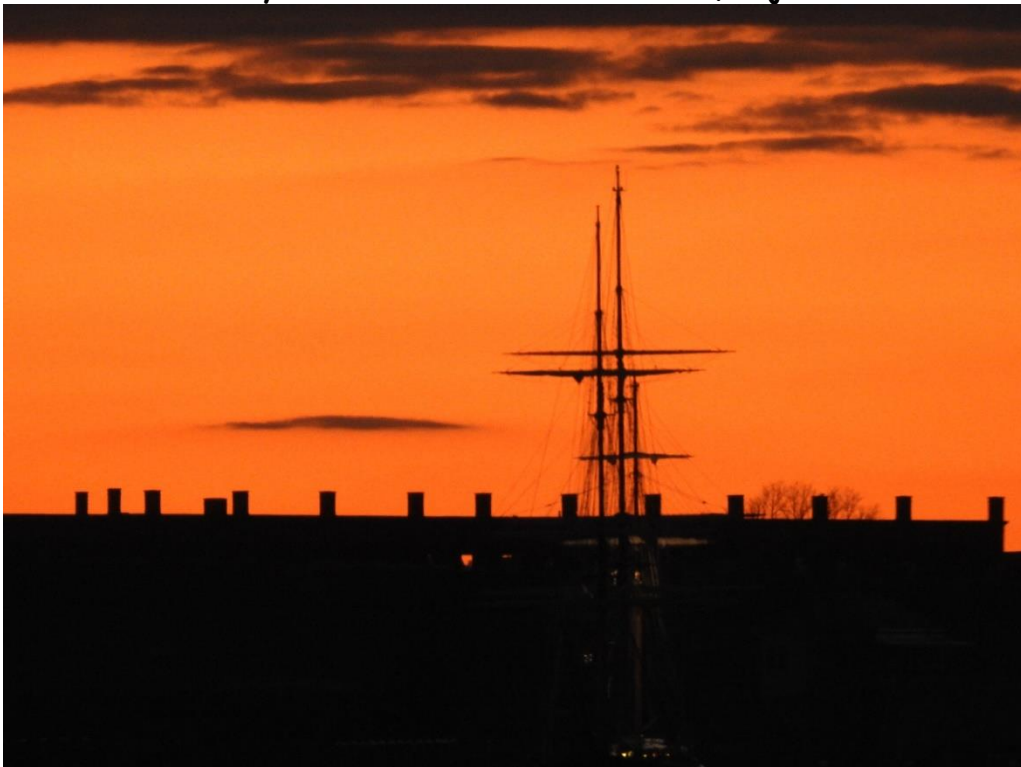
2017 12-06, 3694 - SUPER MOON OVER THE MOUNTAINS - My eyes were drawn to the super moon as it set over the mountains. Its powerful energy affects the tides of the ocean and the moods of people. I felt gratitude and set my intentions for the greater good.



2017 12-07, 3695 - CLIFF WALK - There is a trail along the edge of the ocean in Newport, Rhode Island, which is bordered by cliffs and the magnificent mansions built in the late 1800s/early 1900s. Almost every town has a Nature Treasure.



2017 12-08, 3696 - WAITING TO SAIL AGAIN - My attention was drawn to the stark outline of the sail ship's masts against a red sky. I wondered how many stories it secretly held within its hold. For a moment I sailed away on an adventure and returned, rejuvenated.



2017 12-09, 3697 - COMING SOON - There is snow on top of Mount Chocorua. Legends say that within two weeks of Chocorua snow the valley will be covered with the white stuff. Some people are excited. Some are dreading it. The reality is that it is coming. I choose to look on the positive side.



2017 12-10, 3698 - ICY SLIDE - The frozen water layered over the exposed ledge in a section of the Lupine Field reminds me of a favorite childhood activity of sliding down a similar outcropping at my elementary school. Nature provided us simple games to play to occupy our minds.



2017 12-11, 3699 - THE FIRST PLOWABLE SNOW - It's finally arrived, the first plowable snow. Everyone scurried about to get ready. It creates a festive scene and the child in me looks forward to discovering the magic of first snow I remember from my childhood.



2017 12-12, 3700 - THIRTY-SEVEN HUNDREDTH - Podcast 3700 is sort of a milestone to me in my daily quest to connect to the truths of nature and the Cosmos. It is one way that I personally find guidance to help me set my intentions to live a life filled with mindfulness.



2017 12-13, 3701 - UNDER SEIGE - Winter has invaded the landscape and there will be days when we are held under siege, fearing to venture out in the dangerous driving conditions. Still, the days we are held captive are special days to reflect on being grateful for quiet time.



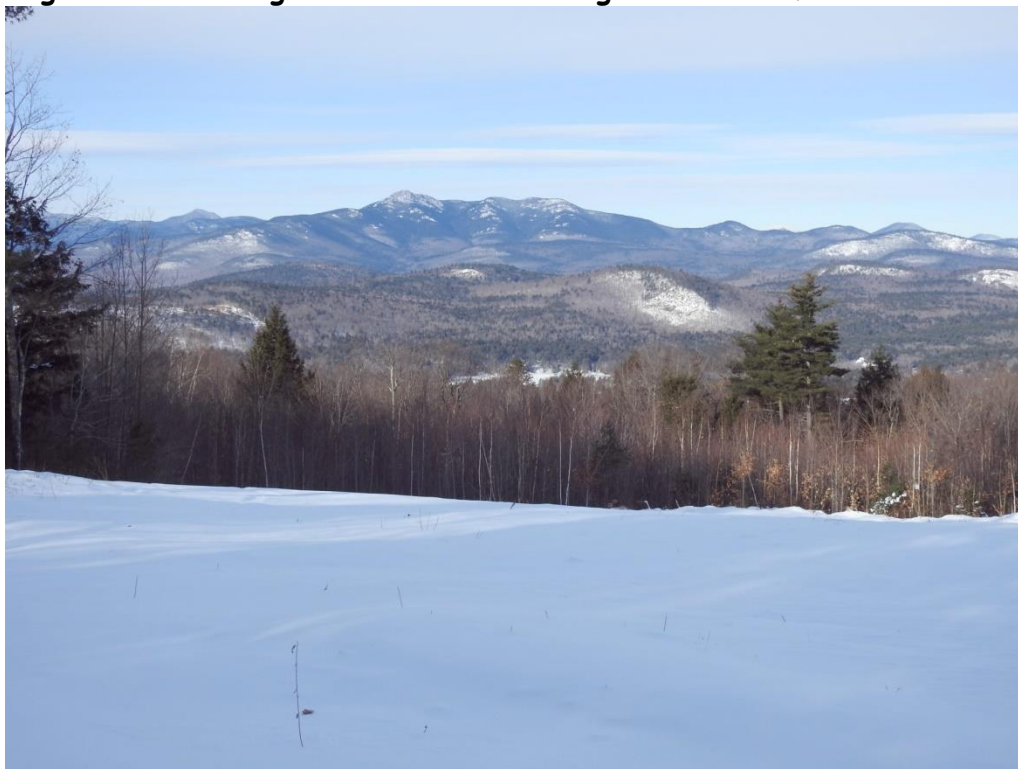
2017 12-14, 3702 - SEASONAL GREENS - Now that the white snow of winter has covered the land, my eyes focus on the colors of the evergreens that have stood silently in the background during the growing season. They add beauty and when cut bring a wonderful aroma to life.



2017 12-15, 3703 - THE SMALLEST CANDLES - Just before snow covered the forest floor I took some time to admire the smallest candles, miniature trees, whose tops seem to light the way as I walk the landscape. Their glow brings a glow to my heart as it fills with gratitude.



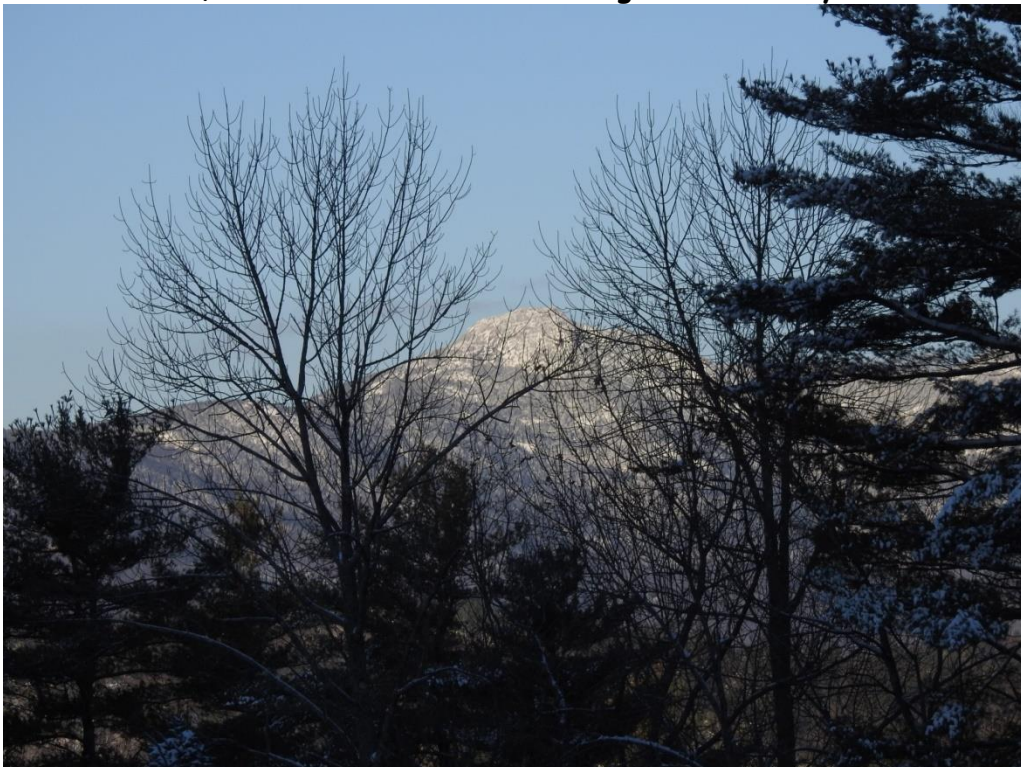
2017 12-16, 3704 - WINTER SILENCE - On a crisp, cold windless morning, I journeyed up to the orchard and for a brief time immersed myself in winter silence. The vast expanse of the Cosmos received my thoughts and a dialogue was held with the great Force of all.



2017 12-17, 3705 - PROOF POSITIVE - As I walk through the fresh snow from the orchard to the Lupine Field I found proof positive that there are still rabbits in the woods by their tracks. I was reminded that there is much in my life that exists without me seeing it.



2017 12-18, 3706 - CHILLY MORNINGS - It is the season of chilly mornings. Fortunately, I do not, most of the time, rush out the door, which leaves me time to reflect, watch the alpine glows spread across the mountains, and to feel the warmth of gratitude in my heart.



2017 12-19, 3707 - A LONG WAIT UNTIL SPRING - The wild blueberries stand silent in the snow, their tiny trunks barren of leaves and fruit, waiting the long wait until spring. Still, time has its own speed and even through the wait seems long, it is only a moment away.



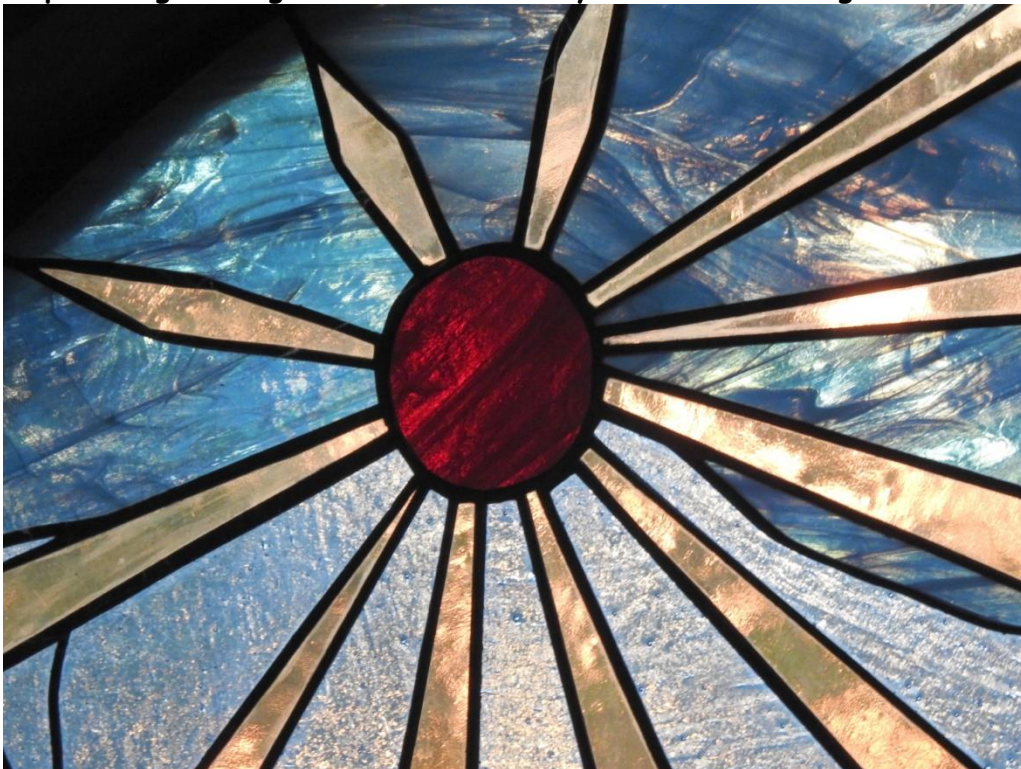
2017 12-20, 3708 - SNOW COVERED WAGON - The old wagon that rests in the orchard is covered with a fresh blanket of snow. It represents broken dreams of the past before we owned the property, and the hope of restoration in the future. That is my reality.



2017 12-21, 3709 - SNOWY BEAUTY - The fresh snow coated everything within reach of the magical flakes. I paused to study the remaining standing stalks of summer and marveled as to how Nature helps them live on way past their flowering period.



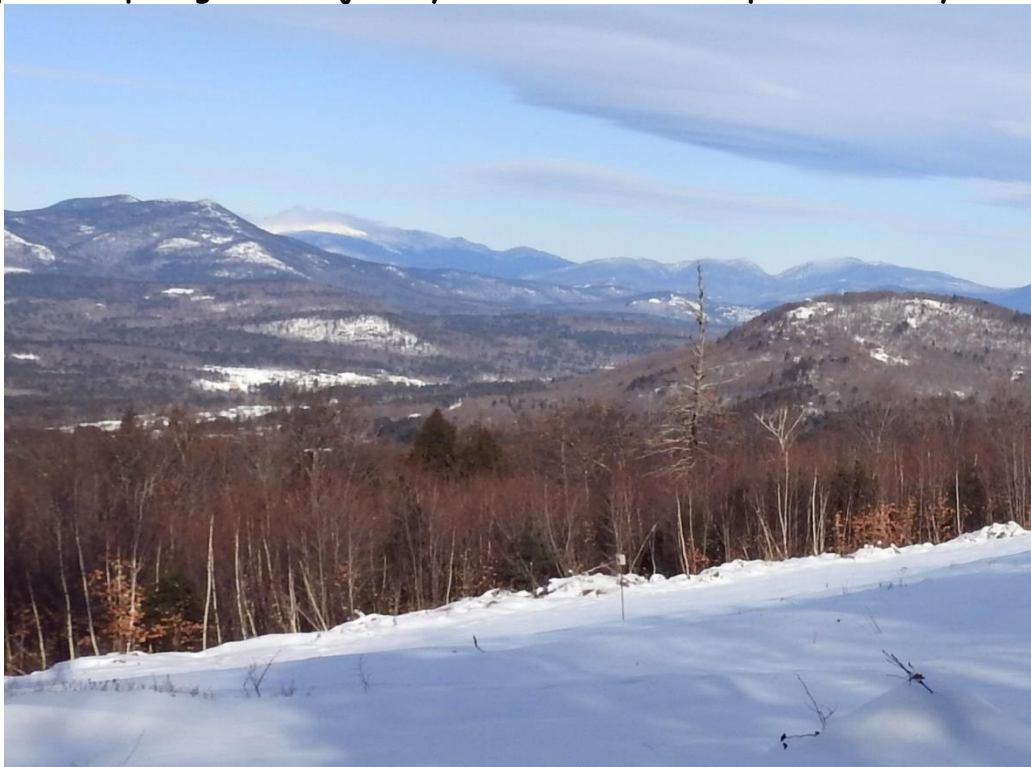
2017 12-22, 3710 - THE COUNT-UP HAS BEGUN - We are now on our way up until spring! Each day will grow a little longer in length, only seconds at first, but eventually by minutes. The holiday lights keep the nights bright for now. Each day is a measure of gratitude.



2017 12-23, 3711 - CONES AND CANDLES - I am grateful in life for the opportunity to observe Nature from a different perspective than some might. Cones and candles on a pine tree serve to remind me of the incredible beauty that surrounds us.



2017 12-24, 3712 - THROUGH THE NOTCHES - Looking to the north and west from the Lupine Field I can see a solid line of mountain peaks that seem to be blocking the way. Then I see the notches that provide openings. Life's journey has "notches" to help find our way.



2017 12-25, 3713 - I'M DREAMING - With attending over a dozen concerts this month, and countless miles on the road, my head is buzzing with songs of the season. One of those is "I'm dreaming of a White Christmas." I wonder what would happen if everyone together dreamed of "Peace on Earth."



2017 12-26, 3714 - WINTER DECORATIONS - Winter is in full decorating mode. It has plastered the trees with white snow and coated the branches with ice that shines in the sun. It is truly a winter wonderland and each twig is unique unto itself.



2017 12-27, 3715 - OVERLOAD - The log cabin birdhouse has a roof that is overloaded with snow. It reminds me of how many people feel during the holiday season. It is easy to forget that Nature's beauty can help step out from under overloads for a few grateful moments.



2017 12-28, 3716 - SNAGGLES - Somewhere between a snag and a tangle, the limbs on the ice-laden birch tree created a beautiful sight. Besides the beauty, was the apparent danger that everything was very slippery. I enjoyed the beauty while proceeding with caution.



2017 12-29, 3717 - FROZEN APPLES - We left a lot of apples on one of our trees this fall. Nature has decorated them with a coating of ice and snow. I pause every time I drive by them to appreciate this artistic masterpiece. I am grateful to have those special moments.



2017 12-30, 3718 - SNOW COVERED LANDSCAPE - The shock of suddenly being thrown into winter is still wearing off. My daily routine has changed. Weather now captures my attention as I plan my excursions out into the frozen world. It is time for writing and mind adventures.



2017 12-31, 3719 - LOOKING BACK - As the year ends I looked back at some of the past photos I took on the land. I saw the beautiful field of Lupine in June, the Grace Trail, the new bench for the clearing and the opening in the trees showing the mountains. Progress.

