

Message from the Mountain
2020

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2020 01-01, 4450 - A BLANK CANVAS - The snowstorm blanketed the valley and mountainside with at least a foot of snow, creating a blank canvas for those who wish to play outside. It is also the first day of a new year and a new decade, creating a blank canvas for creating the next steps on our life purpose.



2020 01-02, 4451 - WINTER DREAMS - Now that the ground is covered in snow and winter has set in, it is the perfect time to dream of and create plans for the spring and summer ahead. One of our projects will be planning how the cabin will become a retreat over time. Dreams can become reality when we continue to adjust and believe in them.



2020 01-03, 4452 - COULD IT BE? I had just about given up that there were still rabbits on the mountain when I saw a track that I believed to be a survivor. It has given me hope that I will find more evidence. When we are about to give up on something in life, it could be that a clue will give us hope.



2020 01-04, 4453 - BUTTONED UP -The door is now on the meditation shed at the Center, making it weather tight for the winter. Next spring the windows will be installed, and the bell we purchased years ago will be hung. It is another step on the path of how dreams become realities.



2020 01-05, 4454 - HYPNOSIS GLADE - The Granite Backcountry Alliance has created four glade trails on the land and named them with positive titles reflecting the Center's mission of positive awareness. Whether you ski or hike these trails, you can find your own sacred space(s) to connect with your soul.



2020 01-06, 4455 - TRAVELING A WINDING ROAD - Many country roads do not progress in a straight line. They wind through the landscape, often making it hard to see one's destination. Life is like a country road, and around each turn there is something unique to discover.



2020 01-07, 4456 - SLIDING AND GLIDING THROUGH THE SNOW - I am always looking for wild animal tracks in fresh snow and when I saw the smooth groove, I wasn't sure what animal made it. I wondered what the reason was. Perhaps it was playing.



2020 01-08, 4457 - A NEW VIEW - With the recent logging across the old road from the Hypnosis Center property, I am enjoying new views of the mountains in the distance. When major events in our lives happen, our mind can change and we have a different and new view, which can be disorienting if we don't realize the change.



2020 01-09, 4458 - WATCHING THE RIDGELINE - Another new discovery as I walk the old road is that there is a ridgeline that I had never noticed before. Now that I am aware, every time I walk or drive through the area, I watch for wild animals. New views in life can bring new finds.



2020 01-10, 4459 - FROSTING FOR THE DAY - Recently, it seems that each morning brings a dusting of new snow that looks like frosting on the rocks along the edge of the little stream. Frosting on a dessert is usually the sweetest part of the meal. Frosting for the day, a positive thought, helps sweeten life.



2020 01-11, 4460 - OLD TOM & THE FLOCK ARE BACK - I had seen them the day before heading for the neighbors. Then they appeared under the birdfeeders for the first time since the major snowstorm blanketed the area. Even though they are not a novelty anymore, I am always grateful to see them.



2020 01-12, 4461 - SUMMER FLASHBACK, LEARNING TO DRIVE - Our granddaughter recently turned sweet sixteen and has enrolled in driver education classes. Last summer her mother asked me to help her learn in our side by side vehicle. We gain from experiences our entire life that help us navigate.



2020 01-13, 4462 - PROFILE IN BIRCH BARK - I spotted the bark on a birch tree peeling away, making way for new growth. Then I noticed that Nature had sculpted a profile and I wondered what spirit had posed for the event. It could have been just the wind, but I am still trying to solve the unknown.



2020 01-14, 4463 - JANUARY MELT DOWN - The weather has been topsy-turvy recently with record high temperature in January leading to a large snow melt. I even heard a bear holler in the middle of the night. Regardless of the weather, it is our daily attitude that makes a difference.



2020 01-15, 4464 - MEASURING TIME - Today is halfway to meteorological spring. The days are getting longer, and I am very aware of this as we progress towards February and March. Humans seem to spend a lot of time measuring time. It is also good to remember that each day along the way is a special day.



2020 01-16, 4465 - DEBRIS FIELDS - Debris fields are studied to determine causes, such as the direction of a storm. Our forests are full of debris from past storms, and our lives are also. We can find our direction through them one step at a time.



2020 01-17, 4466 - A PINK START TO THE DAY - I don't think there is anything more beautiful than a fresh coat of snow and an alpine glow on the mountains. It is a pink start to the day. Needless to say, my heart was filled with gratitude. My intention is to find a pink start to the day no matter what the weather.



2020 01-18, 4467 - GAZING INTO THE STORM - Looking into the snowstorm and gazing at the snow-covered trees with snow covered branches, it is hard to keep focused. That is when our experiences come through our mind's eye and our senses become alive to unnoticed information.



2020 01-19, 4468 - ONE OF MY FAVORITE PLACES - I have many favorite places to visit on the land that bring back good memories. I also look forward to discovering my next new favorite place. A favorite place, whether visiting in person or in one's mind, brings joy to one's heart.



2020 01-20, 4469 - BLENDING ICE, WATER, AND SNOW - Winter in the mountains is a blending of ice, water, and snow, something that can make travel difficult. At the same time the little brook creates beautiful art with the blending of the ice, water, and snow. Life has more than one view.



2020 01-21, 4470 - A CORNER AT THE OLD STONE WALL - A right-angle corner at the old stone wall is a boundary line. When we owned just one side, we created a trail around the corner that is still in use. Turning a corner in life often means moving in a new direction.



2020 01-22, 4471 - A UNIQUE WAY TO COVER A ROOT - I was mesmerized as I looked at the leaded glass glowing in the darkness as it covered the root of a tree. It was a unique blend of art and nature. I thought of the different ways we can enhance Nature's art that connects us to earth's beauty.



2020 01-23, 4472 - WHEN I WAS A CHILD - I guess I reminisce more than I realize when doing a podcast. My wife picked up on that and recently gave me a book of pictures and writeups of podcasts where I referred to being a child. We are a constantly changing balance of our past, future, and present.



2020 01-24, 4473 - READY FOR THE NEXT ONE - The parking lot has been plowed and the snow banks are growing as we ready for the next storm to blow through the mountains. Some people look forward with dread while others anticipate the beauty of fresh snow. The way we each see life is a choice.



2020 01-25, 4474 - AN OAK LEAF RESTING ON THE SNOW - Winter provides a different view of the land. A single oak leaf resting on the snow would most likely be overlooked in the summer. In the winter it is front and center for those passing by to appreciate.



2020 01-26, 4475 - THE LABYRINTH IN WINTER - The labyrinth rests in peace, covered with snow waiting for someone to walk the path still visible under the coating of white. It has a beauty to it for those that hike by to appreciate if they choose to take a moment to be one with its energy.



2020 01-27, 4476 - THE PERFECT HOST - My eyes were drawn to the old log resting on the snow and bathed in afternoon sunlight. It was the perfect host for the fungi whose home it had become. We are hosts for either thoughts of love or fear. What we choose does make a difference.



2020 01-28, 4477 - THE VISIBLE COVERUP - There is a tree on the side of the old road that once had wire wrapped around it and pulled tight to another tree. The barrier is long gone, but the wire is still there, and the tree has grown over it. We have events in our lives that are still visible even though we have grown.



2020 01-29, 4478 - SNOWY PATH - The winter snow covers the hemlock-lined path leading the way to the Meditation Garden. The land sits silent waiting for spring when work on the grounds can begin again. I remember when it was only a winter dream as I continue to dream towards the future.



2020 01-30, 4479 - WELL WORN TRAIL - The trail starting at the Center parking lot is well worn this winter with skiers and hikers checking out the winter terrain. Even though the cover has not been substantial, the anticipation of more snow is high. Anticipation is a part of the experience.



2020 01-31, 4480 - PART OF THE PROCESS - Part of the process of being prepared for winter in the mountains is having an adequate supply of salt and sand on hand. I know what it's like to be unprepared and what it's like to be over-prepared. Life is about finding the balance.



2020 02-01, 4481 - ANOTHER TREE WITH BARK FACES - On a recent walk I paused, as I often do, to study the bark of a tree. Later I could see many faces in the photo I had taken. It could take me a day to go a few hundred feet or I could pass by, totally oblivious.



2020 02-02, 4482 - SEARCHING FOR A SHADOW - Ground Hogs Day, the halfway point to spring, focuses on the old legend that if the ground hog sees its shadow, there will be six more weeks of winter. Regardless of what the weather will be, the sun is higher, the days are longer, and hope is high.



2020 02-03, 4483 - A PREVIEW OF SPRING - The old road showed the first sign of mud a month before it was expected. It is a preview of spring, with expectation that winter will come back with a roar. It is an opportunity to dream of warmer weather to come as I enjoy each day along the way.



2020 02-04, 4484 - POISED TO STRIKE - I saw a serpent poised to strike on a recent walk. It looked scary, and had I not recognized it as an old tree limb, my heart would have skipped a beat. Those that walk the woods of life in fear seem to attract more fear. My choice is to walk with love.



2020 02-05, 4485 - AN UNCLEAR VIEW - The mountains and foothills across the valley were shrouded with clouds and snow flurries. It was an unclear view and if one had visited the land for the first time, they would not have seen what I know is there. We have choices in life when our views are unclear.



2020 02-06, 4486 - TILTED SKY - When we approached the Lupine Field we noticed that the clouds gave the sky the appearance of being tilted. It was as if the world was a little off kilter. I think that a lot of people feel that way about our world today. Fortunately Nature helps keep me grounded.



2020 02-07, 4487 - THE TOP OF THE HILL - I caught the image of my wife just about to crest the top of what appeared to be a steep hill on the old road. It actually was not as steep as it looked, and it reminded me that we often make the hill of life a steeper climb than necessary.



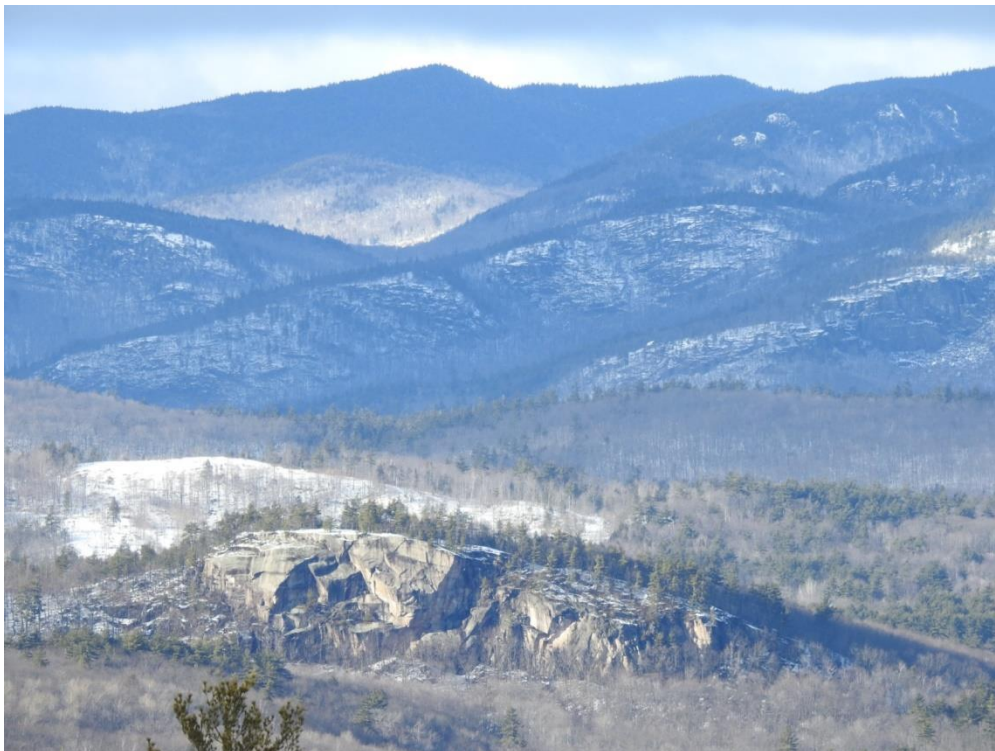
2020 02-08, 4488 - LOOKING OUT FROM UNDER A WHITE CAP - Trees, plants and even the land itself seem to have developed personalities over the years. This also happens with people that spend more time with animals than humans. Nature has a lot of wisdom to share.



2020 02-09, 4489 - NOTHING BUT A HOLLOW SHELL - The old tree has been hollowed out over time by woodpeckers and decay. It reminds me of people who are nothing but a hollow shell of who they were. With people there is always something of value that still may exist deep within their shells.



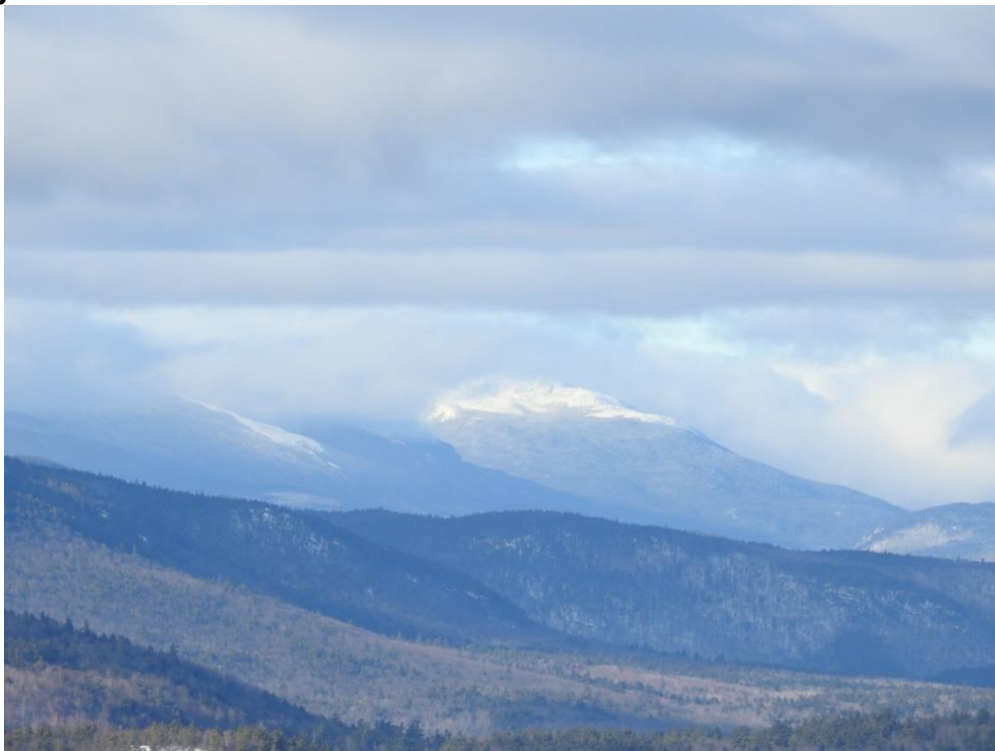
2020 02-10, 4490 - IN THE SUN'S SPOTLIGHT - The sun's spotlight created the image of a mountain on a larger mountain. I thought about what I was seeing and all the smaller mountains that make up the large ones. Then I focused on each person that shines in a spotlight of positivity. You are the mountain.



2020 02-11, 4491 - QUARTZ ENERGY - The mountain is covered with quartz crystals. They are in the rocks, the boulders and especially in the ledge that the mountain is built upon. There is an energy here and I wonder what the code is to unlock the ancient knowledge contained within the quartz.



2020 02-12, 4492 - MAGICAL WHITES - Every time I gaze across the valley at the White Mountains, regardless of the season, I feel as if I am connected to a magical presence. People travel to the area to experience what I feel. I am grateful to have the opportunity to let my mind soar in the magic.



2020 02-13, 4493 - TRAIL MARKERS - When we first were deciding where we want to create a hiking trail, we used flagging tape to help guide us. Then after we cleared the trail, we attached markers to trees to show the way. Life has trail markers, and when we stray off course, we can lose our direction.



2020 02-14, 4494 - WAITING FOR A DELIVERY - Years ago I bought a "box lot" at an auction that contained a mailbox. When the cabin was being built, we placed it nearby. There is no mail delivery there, but it serves as a reminder that we often wait for things that never arrive rather than going in search for them.



2020 02-15, 4495 - A VIEW OF THE BRIDGE IN DAYLIGHT - The ledge across the valley that looks like a bridge-to-the-center-of-the-earth, as the sun sets in the fall, appears totally different in the daylight. We often see things in our mind one way, only to discover they look totally different later on.



2020 02-16, 4496 - A STAIRWAY IN WAITING - Quite a few years ago I brought home a set of stairs that were used on a portable classroom, thinking they would be useful in the future. They wait patiently on the edge of the orchard. We have many useful abilities that are not ready to be discarded yet.



2020 02-17, 4497 - PICNICS ON HOLD - The summer evening picnics are currently on hold as we wait for the snow to melt and the weather to become warm again. It is one of many thoughts I hold in my heart for future days. In the meantime, I intend to find something special in each present day.



2020 02-18, 4498 - A VISIT TO AN HISTORIC PLACE - I recently had the opportunity to visit some Mayan ruins in the country of Belize. I was reminded that there is so much of history still waiting to be discovered, including the unknown history of the land we occupy here in the White Mountains.



2020 02-19, 4499 - WINTER REPRIEVE - We recently went on a cruise with family members to Belize and Mexico in search of a reprieve from winter. I was grateful to be away from the ice and snow for a week and grateful to return to a fresh coating of white. My goal is to be grateful for each day.



2020 02-20, 4500 - PODCAST 4500: BEING A STUDENT OF THE NATURE OF LIFE - Doing a podcast for the last fourteen years or so has made me realize that I am a student of the nature of life. I have learned that everything; animals, people, clouds, rocks and even thoughts; are all energy.



2020 02-21, 4501 - SLOW BOAT TO MIAMI - The trip didn't go as planned. The captain announced Wednesday afternoon that we needed to return to Miami, missing our last port of call due to a fuel mix up. We sailed at 9 knots for 2 days. Sometimes the Cosmos has a greater reason for a change of plans.



2020 02-22, 4502 - GNARLY BURL - The burl growing on the trunk of the tree was very gnarly and didn't look like a good candidate to make into a bowl. Each of us is still beautiful in our own way, just as the burl on the tree.



2020 02-23. 4503 - MIDWINTER EVENING SKY - As we progress towards spring, the setting sun continues to glide day by day toward the North, bringing more light into our windows and beautiful color into the clouds. It is a time of the year that brings promise of the season to come even though the cold comes at night.



2020 02-24, 4504 - THE MOUNTAIN IS ALIVE WITH ACTIVITY - The mountain is alive with activity from not only the birds and wild animals, but from the hikers, snow-shoers, back country skiers on the Hypnosis Glades, and now the trees are tapped and the sap is running. It is good to share.



2020 02-25, 4505 - THERE IS SNOW IN THE MOUNTAINS - The weather in southern New England has been warm and lacking in snow this winter while the mountains have ample covering for outdoor activities. If you weren't here to experience it, you might not realize the difference in conditions. That's life.



2020 02-26, 4506 - THE PRIDE OF MIAMI - I was surprised to discover roosters and chickens living on the streets of Miami and other spots in Southern Florida. It is interesting to see how animals have adapted to encroaching civilization. Here in the foothills wild animals have become used to being around humans.



2020 02-27, 4507 - EXPLORING OPTIONS - On the side of the old country road is a small tree that had been cut a few feet off the ground. In its quest to survive it sent out several shoots. There is hope. People that continue to explore options when stuck are giving themselves the chance to succeed.



2020 02-28, 4508 - WHERE THE SUN SHINES ITS WARMTH - As March draws near there is a sheltered corner of the orchard facing east where the sun shines warmer and the snow melts earlier than in other places. I love to pause there and reflect on the coming spring with gratitude.



2020 02-29, 4509 - TAKING A LEAP - Today, Leap Day, occurs every four years, adding an extra day to February. Recently my sister, who is quite lame, took a leap of faith when she was helped onto a rocking boat for a trip to shore. We take leaps of faith all the time, trusting that we are being assisted.



2020 03-01, 4510 - THE WINDS OF MARCH - The winds of March have ushered in the first day of metrological spring. It is a day of hope that warm weather is on the horizon. It won't be long until these winds will blow warmer and the days will become longer and we will feel the energy of new growth.



2020 03-02, 4511 - LOVE AFFIRMATIONS - I am constantly on the lookout for affirmations of love in the shape of hearts. I see them in Nature, on the sides of buildings, and in the faces of positive people. When we intend to see hearts, we attract them to us. I am grateful for heart affirmations.



2020 03-03, 4512 - ON A BRIGHT MARCH DAY - On a bright, cold March morning I hiked up Kyle's Trail and was greeted by a blast of crisp air before escaping to the sunny, sheltered orchard back down the old road to where I had started. I felt alive and invigorated.



2020 03-04, 4513 - THE VIEW FROM THE TOP OF THE GLADE - We stood at the top of the glade and marveled at the view of the valley below and the mountains beyond. On the way back we talked with two hikers we had not met before, one visiting as often as she can. We love to share.



2020 03-05, 4514 - A RARE DAY - I experienced a rare day recently when, with just my creepers fastened to my boots, I was able to hike over the frozen snow easily. It is a condition experienced once in a while in March. Actually, every day is a rare day when I am in Nature.



2020 03-06, 4515 - ONE OF NATURE'S NATURAL HEALERS - Nature has many healing qualities. It could be just a walk in it or perhaps using some of the natural material Nature provides, such as the components of a birch tree: the sap, tips of the branches and the chaga fungus growing on the bark.



2020 03-07, 4516 - HIDDEN CELLAR HOLES - There is a hidden cellar hole close to a trail that I often walk by. There are others on the old road, the road near our house, and a bark mill long since taken back by Nature, There is a lot of hidden history still to be rediscovered on earth.



2020 03-08, 4517 - A BRIEF ESCAPE FROM MUD SEASON - Mud season is going to be a long one this year. It restricts us from some of our favorite hikes, so we headed for the coast of Maine for a walk on the Marginal Way. It was cold, but our brief escape changed the energy of the day.



2020 03-09, 4518 - A SPRING TRAIL CLEARING PROJECT - As Spring approaches, it is time to check the trails and take stock of what debris needs to be cleared that was caused by the winter storms. It is a labor of love that is good for the land, the hikers, and good for our selves.



2020 03-10, 4519 - A VOICE FROM THE PAST - As I walked the Mayan ruins on the island of Cozumel, Mexico my eyes were drawn to a rock looking up from the surface of the ground that reminded me of a skull. I thought of the voices with unknown stories of those that resided here in the past.



2020 03-11, 4520 - THE HEART OF THE MOON - My photo captured the giant full moon, and as I examined it I discovered a small heart shaped image on its surface. To me it was proof that everything in the Cosmos has an energy with the potential of a connection to unconditional love.



2020 03-12, 4521 - THE PATH TO THE SAP - I always enjoy watching the sap being collected from the maple trees in front of our house, As the season progresses the path to the sap wears the snow down and the ground becomes visible. It is just another way to be grateful for Nature and life in the mountains.



2020 03-13, 4522 - TWISTED TRUNK - The cedar trees that we planted across the brook several years ago have faced winter after winter being bent over by snow and yet they have somehow survived. The largest one has a twisted trunk shaped by the elements. These small cedars are a great example for all.



2020 03-14, 4523 - SOMETIMES IT JUST DOESN'T FEEL LIKE SPRING - After a couple of weeks of spring-like weather, the cold of winter has returned. It doesn't feel like spring at the moment, and in days like this I look beyond the weather to focus on the things that I am grateful for.



2020 03-15, 4524 - BUT THERE IS HOPE - Sometimes it just doesn't feel like spring, but there is hope. Continuing the thought from yesterday's podcast, using the normally negative word "but", I am changing the negative into a positive, interrupting my thoughts with daylily shoots poking up through the ground.



2020 03-16, 4525 - CONTRASTING SEAS - The ocean provides an excellent opportunity to study all aspects of life. It has many contrasts in color from turquoise to deep blue to dark green, as well as different moods from crashing waves to glassy calm. The sea gives us a chance to be an observer of ourselves.



2020 03-17, 4526 - CRUNCH TIME - The sound of my feet on the frozen snow crunched loudly as I walked through the orchard. There would be no sneaking up on wildlife today. This is crunch time for the human race dealing with the virus that has snuck up on us. Proceed with awareness and love.



2020 03-18, 4527 - LETTING GO - The beech leaves are finally letting go of the branches they have hung onto all winter. It is time for new growth. Nature is giving us a wonderful example of how now is the time to let go of the old normal and embrace the new.



2020 03-19, 4528 - FINDING SOME SPARKLE - I look for something each day that provides a sparkle in my life that I can also share in a podcast. The other day I saw it out the window as the late afternoon sun shone on drops of water from the melting snow. Sparkle is a part of life.



2020 03-20, 4529 - I'M GRATEFUL FOR THE FIRST DAY OF SPRING - Finally we have reached the first day of spring according to the calendar. It is a welcome date that I am especially grateful for during these unusual times. Soon the world will be green again with Nature's beauty.



2020 03-21, 4530 - ISOLATION - In these days of social distancing, and even isolation, it is easy to feel out of touch. I love the isolation of the mountain because I feel totally connected to everything as I take in the expanse of the landscape. Fortunately we have the internet to keep us connected, no matter the distance.



2020 03-22, 4531 - CONNECTING THE DOTS - Tiny holes caused by falling drops of water from overhead branches on recent snow stimulated a dream the following night of someone out there downloading and connecting knowledge leading to a cure for the Corona virus.



2020 03-23, 4532 - JUST WHEN IT IS NEEDED - I have learned over the years that Nature often provides an insight just when it is needed. The beautiful sunset the other evening brightened what could have been remembered as a dark rainy day. The insights may come from a leaf, an animal or just a thought.



2020 03-24, 4533 - BIRD LEAF - Walking on frozen snow required attention to my footing. There in the snow I saw a leaf shaped in the outline of a bird. I knew that Nature was giving me another gift. I paused for a moment to snap a picture and proceeded on my way filled with gratitude.



2020 03-25, 4534 - THE SPIRIT OF THE PAST LIVES ON - When I was eight years old my parents purchased the telephone company in town and moved the switchboard to our living room where it stayed for 30 years. We were the hub of the community. That same spirit is alive today as we are now The World.



2020 03-26, 4535 - A NEW REASON TO HANG LIGHTS - In these changing and isolated times people are finding a new reason to rehang their holiday lights to help brighten the world and show others that they are united in spirit.



2020 03-27, 4536 - ANOTHER HEART HUG FROM NATURE - Over the years I have learned that Nature sends me heart hugs at times when they are greatly appreciated. I believe that now, more than ever, the more social distance heart hugs we share with others will help heal the nature of life.



2020 03-28, 4537 - THE FIRST RAY OF COLOR - Finally I was greeted with a winter's long awaited sight, the first crocus blossoms of spring. To me, these tiny flowers are a symbol of proof that we have finally turned the corner, and day by day will enter a new season of hope and beauty.



2020 03-29, 4538 - A PLACE TO FEEL THE WARM SPRING SUN - We have created a routine of going about our lives in the new normal which includes an afternoon hike along the muddy old road to the cabin and then spending a little while taking in the warm spring sun. Wherever you are there is sunshine.



2020 03-30, 4539 - ANOTHER POSITIVE SIGN - Recently I saw another positive sign that spring and warmer weather is only a few days away. The first robins appeared on our front lawn. In this new normal world I look for signs that prove there is still much of the old normal to give us hope for the future.



2020 03-31, 4540 - DID I MENTION IT IS A LONG MUD SEASON? - It has been a long month and I think I said a while ago it was going to be a long mud season and it is still taking place. That said, tomorrow we will turn the page on the calendar with the hope that April will be full of sun and miracles.



2020 04-01, 4541 - TIME TO TURN THE CALENDAR - March was quite a month. The spreading virus has changed the lives of almost everyone in the world. April will continue social distancing, but fortunately we have ways of staying in touch. April signals warmer weather and renewed hope.



2020 04-02, 4542 - DOING THE SPRING TWO-STEP - Spring is an awkward dance between the clash of seasons. One day it is summer and the next day it is winter. Yet, the music of the returning birds and the rush of the water in the brook is proof the dance is moving towards a positive finale.



2020 04-03, 4543 - NO TWO SUNSETS ARE THE SAME - I am fascinated by sunsets and sunrises. They are never the same. Actually no two days are the same. No two hours are the same; no two seconds are the same; no two moments in life are the same. What we do in that moment just might make a difference.



2020 04-04, 4544 - THE KITTENS ARE LOOSE - Another welcome sign that the seasons are changing are the blooms of the fuzzy pussy willows here in the foothills. Each day now I will be able to watch the progress of Nature as she welcomes back the missing pieces that have been absent through the winter.



2020 04-05, 4545 - COMING ALIVE - I paused at the edge of the Center's little frog pond and observed the green shoots sticking out of the water and the plants in the bottom coming alive as spring moves through April. It is a time to focus on Nature and its positive lessons.



2020 04-06, 4546 - READY FOR OCCUPANCY - The bird houses our son made are scattered throughout the land and are ready for occupancy. Soon the bluebirds and barn swallows will battle it out to see who claims ownership for the season. In this time of a new normal, Nature provides us a stable view of life.



2020 04-07, 4547 - A WINDOW INTO THE PAST - I took a photo while visiting a Mayan ruin in Mexico a couple of months ago that reminds me of looking through a window into the past. We all have a window into our past by visiting the history of our soul. That may be a guide to our future.



2020 04-08, 4548 - THE SOUNDS OF MOVING WATER - Most people are drawn to the sounds of moving water, whether at the shore, at the edge of a babbling brook, or even at a water feature in one's house. All we need to do is open a window and we hear the spring runoff in our little brook. It helps ground us.



2020 04-09, 4549 - AT LEAST WE CAN STILL HUG A TREE - In this age of social distancing, we are fortunate to have the opportunity to enjoy Nature. Recently, my wife paused beside a giant pine, and I realized that at least we can still hug a tree. Actually, Nature hugs our very souls.



2020 04-10, 4550 - WHAT STORIES CAN THE OLD BUCKET TELL - We recently discovered an old flattened bucket hanging on a tree that we think our neighbors found in the woods behind our house. I wonder what stories it might have to tell. There is a lot we do not know about history.



2020 04-11, 4551 - APRIL PLAYS ANOTHER JOKE - April is at it again. She is quite a jokester. She covered our spring plants with another coat of snow after we thought that spring had sprung. Still, there is hope on the horizon that when summer arrives, we will feel a great relief.



2020 04-12, 4552 - CELEBRATING A VIRTUAL EASTER - This year for those who celebrate spring religious events, they have a different look. We have entered the age of virtual technology to help us connect from a distance. It may not be the same, but it is a way to stay in touch until the pandemic is over.



2020 04-13, 4553 - THE ABILITY TO ADAPT - The small yellow flowers blooming on the side of the dirt road were somehow surviving in just sand. I was reminded that, just as these flowers have adapted to their environment, humans are in the process of adapting to a different world than they have known.



2020 04-14, 4554 - A BLUEBIRD AFTERNOON - We walked a half mile over the muddy road to the cabin and paused for a few moments to sit and enjoy the solitude when I saw a flash of blue. It was a beautiful bluebird, and we enjoyed its presence for several minutes. It was a special gift from Nature.



2020 04-15, 4555 - INSPIRATIONS FROM THE SKY - I get a lot of inspiration from the sky. It comes from sunsets and sunrises, misty days and sunny days, rainbows and drifting clouds, as well as lightning and snow flurries. The sky provides an opening for my mind to float to another dimension.



2020 04-16, 4556 - THE CROCUS CHOIR SINGS A SPRING SONG - I heard them singing clearly in my mind even though they remained silent to those less in tune. Then I heard a chorus of frogs singing in the stream near the old country road. My mind thought of coming days filled with hope and warmth.



2020 04-17, 4557 - STAKING ITS CLAIM - I watched a flock of swallows flitting back and forth over the Lupine Field and noted that each bird house had a bird positioned on top, staking its claim for a place to raise this year's crop of young. The land is alive as the promise of warmer days has arrived.



2020 04-18, 4558 - THE MAPLES ARE IN BLOOM - The maples are casting a red hue over the landscape. Soon the color will turn to fresh new greens when the leaves pop out. I am grateful that we have the opportunity to experience and share the beautiful energy of Spring.



2020 04-19, 4559 - I WONDER WHERE THE REST OF THE BODY IS BURIED - Resting a few feet off the trail was what looked like a perfectly good sneaker. I paused for a moment and wondered where the rest of the body was buried. I knew it been left there by a dog, but it was a diversion from isolation.



2020 04-20, 4560 - MOVING IN - As I approached the cabin I could see a bird flitting around the clearing. Getting closer I managed to capture a picture of a female bluebird gathering material to build a nest and my heart sang with gratitude. I will look forward to watching the activity over the next few months.



2020 04-21, 4561 - HEART WITH FACE - I set my intention on my nature walk to find a heart, and it was in a place I had been many times. It appeared to have a face looking back at me. The message was clear: what we send out does come back to us.



2020 04-22, 4562 - WE ALL NEED A LITTLE SUNSHINE IN OUR LIVES - The other day I looked out the window and there in the morning light I saw a bouquet of sunshine. Our daffodils had finally bloomed, and in this time of isolation, we all can use a little sunshine in our lives. Nature came through again.



2020 04-23, 4563 - THE PROMISE OF ANOTHER BEAUTIFUL DAY - The afternoon rain gave way to a clearing sky with the promise of another beautiful day in the morning. Instead we were greeted to a fresh coating of snow. Regardless of the return of winter, it was still a beautiful day.



2020 04-24, 4564 - TIME TO PAUSE AND TAKE A DEEP BREATH - Finding the first tiny fragrant mayflower blooms of the season served as a reminder that it is very important to pause frequently, take a deep breath, go inside you and feel gratitude.



2020 04-25, 4565 - A REASON TO LOOK DOWN - It is always a good idea when walking the trails to keep looking down to see where you are stepping. There are always obstacles such as rocks and roots as well as exciting finds such as flowers and rocks shaped like hearts. There is always something to discover.



2020 04-26, 4566 - ON THE HUNT - The game camera captured the coyote on the hunt for an unknown prey. I am constantly amazed at the drama that exists on the mountainside. Nature is showing us in many ways what life is really like for humans. We often dismiss things we should be aware of.



2020 04-27, 4567 - THE LUPINE ARE BACK - I have been searching for them ever since the snow disappeared from the Lupine Field. The other day I spotted a few tiny plants poking up through the ground. The Lupine are back and I will watch them grow and bloom over the next couple of months. Joy.



2020 04-28, 4568 - A LESSON IN LIFE FROM THE DAFFODILS - The poor daffodils are being assaulted again by the weather. It seems every year after they bloom they are knocked down, only to come back to life again. All who may feel defeated at the moment will rise again, even stronger.



2020 04-29, 4569 - THERE'S GOLD IN THE SKY - The other evening I saw the riches of the world almost close enough to reach out and touch. It was a golden sunset. Even though this vast wealth was not spendable, I was able to bank it in my heart as an investment in gratitude.



2020 04-30, 4570 - THE HAZZARDS OF ISOLATION - This time of social isolation has been embraced by some and hated by others. It has been an opportunity to renew an old interest or investigate a new one. My wife has many different projects including finding the back of a closet or a cupboard. There is a lot to find.



2020 05-01, 4571 - A NEW BEGINNING - A new month. A new beginning. The sun has set on the old, and the new way of living our lives is slowly emerging. The world is experiencing a tipping point with all of us given the opportunity to be a part of shaping of the future. I believe in actions based on love.



2020 05-02, 4572 - SOON WE WILL SEE SUMMER - I am looking forward to standing at the top of the Lupine Field and watching summer make its entrance across the valley. I look forward to the fragrant smell of the lilacs and to feel the warmth of the sun. Hope is in the air.



2020 05-03, 4573 - BATTLE IN THE SKY - The tiny jet fighters swooped down on their target, a bluebird perched on a house where hoped to build a nest. I am not sure who finally won out, but I think it may have been the swallows because a few days later they were still patrolling the skies. Life in nature continues.



2020 05-04, 4574 - NOW PLAYING - Nature is now fully in charge of our entertainment during this time of curtailed gatherings. Right now the forsythias are on the center stage with a commanding performance of brilliant splashes of yellow. Every day the show will change as we discover life again.



2020 05-05, 4575 - A PITCHER OF JOY - My wife filled a favorite antique pitcher with fresh cut mayflowers and placed it on the dining room table. It was a pitcher of joy. I paused many times to take in the delicate aroma and feel the gratitude for this beautiful gift from Nature.



2020 05-06, 4576 - POSTPONED - Last weekend was supposed to be our annual trip to the ocean, but due to the pandemic the resort was closed and after several attempts to reschedule we postponed it until next year. Many people have had to postpone major events that when held will be even more special.



2020 05-07, 4577 - AFTER A SPRING RAIN - There is something special about going for a walk in Nature after a spring rain. The wet ground sparkles and the mountains are shrouded in the left-over mist. One needs to be mindful of each step. Nature gives us many lessons on walking through life.



2020 05-08, 4578 - NIGHT VISITOR - We have a variety of night visitors that pass through the land. One appears as a shadow. Upon closer examination it was a porcupine looking like it came from a different time. There are people like porcupines who have a threatening outside with a soft heart inside.



2020 05-09, 4579 - A HUMMINGBIRD TO ENJOY ALL YEAR LONG - The hummingbirds have returned to the valley. I look forward to watching these tiny energetic creatures zooming about the feeder. We are fortunate that we have a Gil Whitman bronze hummingbird to enjoy all year long, bringing Nature inside.



2020 05-10, 4580 - A VISIT BY A POLAR VORTEX - On Mother's Day weekend we usually expect to do something special with the mothers in our lives, such as enjoying a warm May day, but this year everything is different, including a visit by a polar vortex that left a coating of snow. One never knows.



2020 05-11, 4581 - OPENING SLOWLY - Nature is opening up spring at about the same pace that the economy is opening back up. Soon the temperature will rise and the leaves will pop open and people will be able to walk the beaches and visit the stores that have been closed during the virus.



2020 05-12, 4582 - A PERFECT PERCH - The phoebe found a perfect perch to pause for a moment before diving into the air to capture a bug. They are a busy bird, seemingly always on the go. We can learn from the phoebe by pausing for a moment to get a bigger view before diving back into life.



2020 05-13, 4583 - THE LILACS ARE BUDDED - The lilacs are budded and waiting for warm days when their flowers will burst open for people to admire and enjoy their sweet smell. Freedom has that same feeling. A warm day and a stroll in Nature do a lot to rejuvenate the soul.



2020 05-14, 4584 - SUNSHINE IN A VASE - The daffodils and white carnations arranged in an antique vase sit on a table on our indoor balcony glowing in the afternoon sunlight. It is one way that we can bring Nature into our home that reminds us of the many simple positive actions that can brighten life.



2020 05-15, 4585 - ON THE PRIMROSE PATH - The primroses are in bloom. This small bright flower is showing the way on the path to summer. Before long the weather will become warmer in time for us to safely and mindfully venture out into the world of the new normal.



2020 05-16, 4586 - BEARDED TREE SPIRIT - I am always looking at the bark on trees in search of symbols and images that might mean something to me at the time of discovery. I realize that you may not see what I see, but for me it is a way to stay in touch with the spirit of the Cosmos.



2020 05-17, 4587 - FLOWERS FOR JAN'S BENCH - A couple of years ago we planted a few daffodil bulbs near a bench under a large pine tree near the top of the Lupine Field in memory of a long time member of the Center's discussion groups. It is a place where people can pause and take in the view and dream.



2020 05-18, 4588 - A FAIRY SANDWICH - I often say that the land on the mountain is magical. The other day I paused to take a picture of some blue violets, and, when I saw the image, I saw a miniature burger that I imagine was a Fairy's lunch. Can you see it?



2020 05-19, 4589 - FIDDLELING AROUND - The fiddlehead ferns are all tuned up and playing their visual music in the orchard as spring continues to spread its color throughout the valley. Each day provides a special adventure into discovering the familiar as we journey into a changing world.



2020 05-20, 4590 - ANOTHER SIGN OF HOPE - I found another sign of hope in the orchard - the small white flowers of wild strawberry plants now in bloom, promising tasty red fruit in the future. Discovering a positive moment leads to thinking of a positive future.



2020 05-21, 4591 - WORTH THE LONG WAIT - I have a pear tree that is covered with blossoms this spring. That is normal, but this tree was planted nearly forty years ago and has never really grown until lately. Just to see its beauty at this time has been worth the long wait.



2020 05-22, 4592 - MAY IN THE MOUNTAINS - May in the mountains is a wonderful time to experience the emergence of summer while viewing the remnants of winter still hanging onto the tall mountain peaks in the distance. It is a time to discover life again for the first time.



2020 05-23, 4593 - IT'S APPLE BLOSSOM TIME AGAIN - I am reminded of an old sing-a-song this time of year when the apple blossoms are in bloom. It was written about a century ago when times were simpler. Now ins this complicated era of the digital age, the smell of apple blossoms bring back simplicity.



2020 05-24, 4594 - LEST WE FORGET - The forget-me-nots are in bloom at just the right time to remind us not to forget all those that have served in the military to keep this country free. This year we are also remembering all those who have and are still fighting the war on the pandemic throughout the world.



2020 05-25, 4595 - REMEMBERING - Memorial Day provides an opportunity to remember and honor all the veterans that have served this country. My first memories of my father were when he got off the train in his army uniform. Now, lilacs help bring those memories back. I also now honor those fighting the pandemic.



2020 05-26, 4596 - DISCOVERING THE WORLD FOR THE FIRST TIME - I watched a baby chipmunk perched on top of the millstone as it investigated the world. I thought of how we are also discovering the world for the first time during this pandemic. Nature has a lot to teach us.



2020 05-27, 4597 - HIDING IN THE LILACS - A robin caught my eye as it disappeared into a lilac bush with a worm in its mouth. I investigated from a distance and discovered a large nest hidden in the leaves. I look forward to watching the young birds mature and take flight.



2020 05-28, 4598 - SMALL FLOWER, LARGE PRESENCE - The lilies-of-the-valley are a small very invasive flower that spreads easily. Its small white bloom has a large thick smell that I find very pleasing. They remind me of people that quietly live a positive life but are creating a large presence through their acts.



2020 05-29, 4599 - CELEBRATING THE MOUNTAIN LAUREL - There are a couple of places on the mountain that stay moist a little longer and provide passersby with the beautiful pink flowers of the mountain laurel. I consider them to be a special gift from Nature that few may pause to appreciate.



2020 05-30, 4600 - LADY IN THE FERNS - I had been looking for her and the rest of her family for a few days, when there she was, holding court in the ferns near the cabin. Lady slippers are so different from any other wild flower. Then again each flower is unique, just as every human is unique.



2020 05-31, 4601 - BRINGING A BEAUTIFUL SMELL INSIDE - I picked a bouquet of lilacs for my wife who placed them in a pitcher where the smell flows throughout the house. I think of the generations of my family who have done the same with the ancestors of these particular lilacs. Life is connected.



2020 06-01, 4602 - A BLANKET OF PHLOX - The ground phlox provides a blanket of color when the flowers are in bloom. I always look forward to their brief appearance in early summer. I think of people's warm positive thoughts and actions that can blanket the world and encourage a better way of life.



2020 06-02, 4603 - ON THE NEST - After building the nest and laying her eggs, Mother Robin is now keeping them warm until the new babies are born. The young will soon explore the world as we are doing the same in this changing environment. I am grateful for the lessons that Nature provides.



2020 06-03, 4604 - THE REALITY OF A DREAM - Many years ago we moved here to the base of the mountain and I dreamed of owning a part of it. That became real and I dreamed of having a place that could share positive energy and we moved a playground tower and now we have a real bell ringing of love.



2020 06-04, 4605 - READY FOR A VIRTUAL WEDDING - The bridal wreath is in bloom with many weddings cancelled or postponed because of the pandemic. Others are finding ways to invite guests to virtual weddings on social media. Perhaps some of those events will have pictures of bridal wreathes in this new normal.



2020 06-05, 4606 - ADDING TO THE BEAUTY - The rhododendrons are in bloom, adding to the beauty of the June landscape. I have come to believe that each of us is like a flower; some of you in full bloom and others ready to open up and share your beauty with the world.



2020 06-06, 4607 - IT WON'T BE LONG NOW - The lupine are beginning to blossom. It won't be long now before the field will be full of these beautiful blooms and on a clear day with the mountains in the background it creates a magical scene. It is a moment that is anticipated all year long. Nature has many moments.



2020 06-07, 4608 - WILD ASTERS - There is a patch of wild asters that bloom around an apple tree in the orchard each summer and their blossoms last until I cut the grass in the fall. I am greeted by them every time I walk by on the way to the Lupine Field. I wonder how many people miss the wild flowers as they pass by them.



2020 06-08, 4609 - THE LITTLE AZALEA BUSH - There is a little azalea bush at the center that I transplanted several years ago. It really hasn't grown a lot and is easy to overlook but still has a few blossoms every year. Many people are like this little bush and then all of a sudden they begin to grow.



2020 06-09, 4610 - THE FIRST DAYLILIES - The first daylilies are now in bloom. To me these beautiful yellow flowers are a signal that summer is really here. Each day there will be a new bloom throughout the season. Each day my heart will be filled with gratitude for Nature's special gifts.



2020 06-10, 4611 - THE SHOW IS OPEN - The Lupine Show in the field at the top of the mountain is now open for those interested in the art of Nature. It is a place of peace, where one can pause and reflect on the mountains in the background and the beauty of the lupine swaying gently in the breeze.



2020 06-11, 4612 - THE BLUE FLAGS ARE FLYING - The blueflag flowers are now open, and they greeted me with their brilliant color. There are so many flowers to focus on this time of year; I think of blueflags representing freedom, something we are all rediscovering together.



2020 06-12, 4613 - DELICATE COLUMBINE - I recently spent a few minutes photographing a delicate columbine growing in a garden at the Center. We have wild columbines growing on the mountain, and they remind me that people also are unique, and in many ways delicate, but also strong and vigilant.



2020 06-13, 4614 - WAITING FOR THE WIND - The dandelion spore, an intricately designed round sail is waiting for the wind to lift it from its stem and on to the place where next year's seeds will be planted. People have been thinking of how they might live their lives differently. The winds of change are blowing.



2020 06-14, 4615 - ONE MORE TIME - I returned to the Lupine Field to reflect on the beautiful landscape one more time. I plan to visit several more times before the flowers go to seed. Each time there is something different to discover. Each day offers us one more time to reflect on our journey.



2020 06-15, 4616 - OUT ON A LIMB - The other morning I looked out a window towards the brook and spotted a tree limb broken and shattered. On investigation I could see bear claw marks on the tree, but the bear was too heavy and made the branch crash to the ground.



2020 06-16, 4617 - THE DELECTABLE SIDE OF NATURE - The wild strawberries are now ready to be eaten by people and birds alike. There are many foods in nature, most of which I have never tried. Nature also has a delectable spiritual side that provides food for the soul.



2020 06-17, 4618 - A PLACE TO REFLECT - We have created several places on the land where hikers can pause for a moment and just reflect on their lives or anything of their choosing. Nature provides opportunities wherever we are to step back for a moment and find balance in an often chaotic world.



2020 06-18, 4619 - A LITTLE FAIRY GARDEN - We recently discovered a small fairy garden that nature created on an old log. I even thought I saw some fairy eyes watching me. I love letting my child-self explore the magical world of Nature.



2020 06-19, 4620 - TRAIL CAM CAPTURES - Many of my best wildlife photos were not taken by me, but by one of the trail cameras we have on the property where we think wildlife will pass by. The fox in the Lupine Field reminds me how many of us are looking back over our lives as we move forward.



2020 06-20, 4621 - THE BAR IS OPEN - Over the last few months of isolation my wife and I have begun to redesign the interior of the cabin near the orchard. We opened a wall and bought a very heavy 3" pine slab to become the new counter. The wood slab is now installed. It has been a great diversion.



2020 06-21, 4622 - FATHERS DAY - Today we honor those who fathered us. He may have been an actual biological father or someone who was there when advice and support was needed. I remember my father transporting the whole youth baseball team in our old station wagon, a love of the sport that survives in my grandson.



2020 06-22, 4623 - SWEET SUMMER - Now that summer has officially arrived, along with a heat wave, the flowers are in full bloom, including the sweet peas that I transplanted from my mother's house years ago. Seeing them again brings back positive memories of a different time.



2020 06-23, 4624 - A SPECIAL ROSE FOR A SPECIAL DAY - Today my wife and I are celebrating our 58th wedding anniversary. We don't feel as old as the years indicate, and I believe our love of Nature is one of the reasons that we still have something daily to discover.



2020 06-24, 4625 - DIFFERENT SHADES - The rhododendrons' beautiful blossoms come in many different colors, which reminds me that people come in different colors, too, but we are all created from the same Source, and each of us is a reflection of that Source.



2020 06-25, 4626 - PURPLE COLUMBINE - Standing at the top of the Lupine Field and admiring the fading blooms, my attention was drawn to a small splash of purple. It was a purple columbine blossom. I knew that as the lupines go to seed, other flowers will remind me of the beauty that Nature provides.



2020 06-26, 4627 - SWEET CLOVER - The sweet clover is in bloom in the Lupine Field and the Orchard. It is food for the wildlife and insects that visit the land. It is also food for our minds, allowing us to pause for a moment, take in the beauty, reflect on life and go on our way spiritually nourished.



2020 06-27, 4628 - PAUSE AND SMELL THE ROSES - On our recent escape to Smugglers Cove we were delighted to find many beautiful rose bushes in full bloom. We paused often and took in their beautiful smell as it floated through the foggy fresh ocean air. It is always good to pause and take in the smells of Nature.



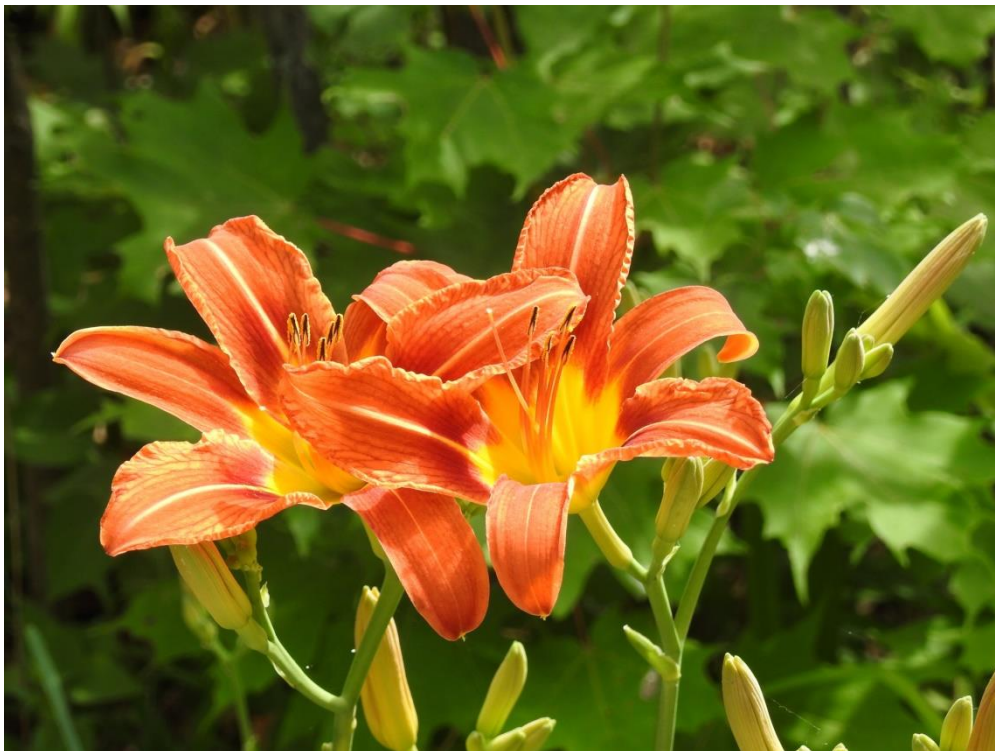
2020 06-28, 4629 - NAVIGATING IN A FOG - I watched the lobster boat on a recent foggy Maine coast morning finding its way to the next trap and I wondered what was guiding it. I thought about our inner Source which is there for us in this virus fog.



2020 06-29, 4630 - RING OF FIRE - As night settled in, the resort we were staying at ignited their gas fire pit for the guests to enjoy the dancing flames. I thought back to my campfire days when I was in scouting and realized that the child inside is still there as the magic still dances in my heart.



2020 06-30, 4631 - LET THE SUMMER BEGIN! THE ORANGE DAY LILIES ARE IN BLOOM - To me, summer officially begins when the orange day lilies begin to bloom. In this year of the-old-way-of-life-being-turned-upside-down, it is good to have something that provides a connection to the ways things used to be.



2020 07-01, 4632 - A SURPRISE BOUQUET - It had been a couple of days since I had visited my office at the Center and when I arrived I discovered that Nature had planted a beautiful bouquet of bell flowers right outside the basement door. My heart filled with joy as I spent a little time with this inspiring gift.



2020 07-02, 4633 - OCEAN ART - On a recent visit to the ocean, I was drawn to the art exhibit nature had created through the action of the waves and tidal movement of the rock shore line. The result was an intricate design that could be incorporated into many spaces in a home. Nature influences most everything.



2020 07-03, 4634 - FOXY LADY - Another one of Nature's beautiful creations, the fox glove, is now in bloom as summer rolls along. I see them in unexpected spots on the trail and in sunny places on the land. They remind me of the uniqueness that each person has. My goal is to be aware of this uniqueness.



2020 07-04, 4635 - THE OBSERVER - - I always feel like something is watching me as I wander the trails on the land. Sometimes I see reminders of this in the clouds, the trees, or the rocks, such as the profile of an older man in stone. Nature is such a powerful connection.



2020 07-05, 4636 - MORE SUMMER FUN - My summer fun is centered around discovering different flowers that are blooming on the property. Every day there is usually something new to discover. Nature provides a wonderful opportunity to reflect on life in ways that can help shape our journey as we move forward.



2020 07-06, 4637 - MILKWEED - The milkweed flowers are currently providing nourishment in the orchard for the bees and butterflies. It is not the most attractive wildflower, and if you break the stem of one will coat your hand with a milky substance. Still, it is an important part of Nature. We all are.



2020 07-07, 4638 - BROWN EYED SUSANS IN THE GRASS - On a recent trip through the Lupine Field I noticed that the Brown Eyed Susans were in bloom. I photographed them through the tall grass and discovered an interesting blend of colors. Life is a blend of different colors that make up a beautiful diversity.



2020 07-08, 4639 - THE LILY THAT KEEPS ON BLOOMING - We have one ever-blooming daylily at the Center. It is a compromise between a true daylily and a flower that looks like a daylily that flowers all summer. I enjoy both varieties. There is something in most everything that can inspire us.



2020 07-09, 4640 - HOSTA - The hosta are blooming. It is a very interesting plant that does well in shade and has large green or variegated leaves with small blossoms. It is a favorite with deer who find it tasty. Still, it is very important in the whole scheme of Nature.



2020 07-10, 4641 - GIANT MULLEIN - The tall mullein are in bloom at the bottom of the Lupine Field. They seem to thrive in poor soil and are considered to be a weed by many and others make a medicinal tea out of its parts. It is interesting to me how people value differently the components of Nature.



2020 07-11, 4642 - FOGGY JULY MORNING- I find foggy July mornings mystical, no matter where I am. My mind drifts into adventures of the past and future as I drift from one thought to the next, all the time feeling a deep appreciation for the magic of Nature.



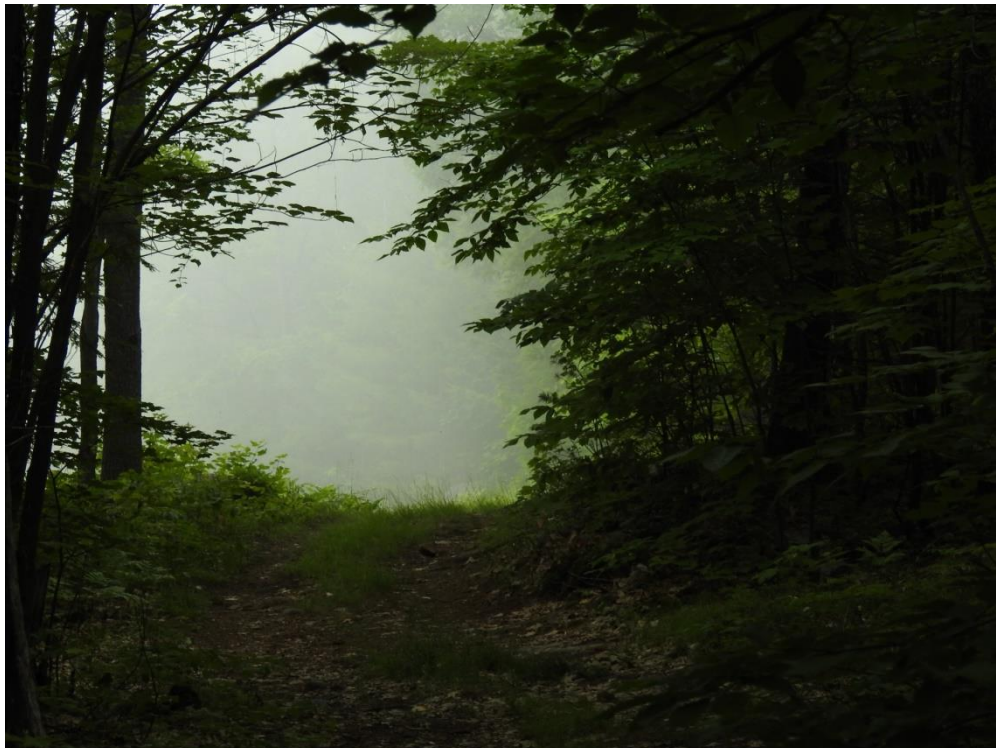
2020 07-12, 4643 - ANOTHER HEART HUG FROM NATURE - Every time I see a heart shape in Nature, such as in a cloud, or a leaf, or a rock on the ground, I know I am receiving something special. I send Nature mental hugs every day. I just love how everything is all connected.



2020 07-13, 4644 - TREE IMAGES - Over the years I have done many podcasts on the subject of images I see in the bark of trees. I could have passed by an image hundreds of times until it suddenly catches my attention. I realize that others may not see what I saw. Life has many different views.



2020 07-14, 4645 - ENTERING THE MIST - As I walked the trail leading to the Lupine Field I could see the fog and mist ahead through the opening in the trees. I knew that a magical world of the undefined was waiting. The landscape would look different giving me a different look of the world.



2020 07-15, 4646 - RIPPLES - Watching a ripple spread across calm water is mesmerizing to me. Soon the whole surface is covered with small waves. Think of your positive actions spreading like energy ripples across the landscape of life.



2020 07-16, 4647 - RED HEAD - I watched a large male turkey grub its way across the fresh cut lawn after a rain storm. Its feathers shined in the sunlight, especially its bright red head. I was not the only one taking notice. A hummingbird swooped in for a closer look. Nature is so amazing.



2020 07-17, 4648 - WILD BLUEBERRIES - We are fortunate to have wild blueberries growing on the mountainside. I have watched them since the first buds appeared in late spring, and now as the fruit is turning blue, look forward to blueberry muffins. Nature provides us with many treats both tasty and visual.



2020 07-18, 4649 - A CLOUDY DAY - Every once in a while during this hot dry summer we will get a cloudy day, one that hints of rain. It can be a welcome change and a chance to observe the world from a little different perspective. Any kind of day can present the opportunity to appreciate Nature.



2020 07-19, 4650 - GLISTENING IN THE RAIN - The pink daylily glistened in the rain. It stood out during this dull day. I thought of how car commercials wet down roads to help make the cars they are trying to sell stand out. I thought of people who glisten with positive energy as they shine their lights.



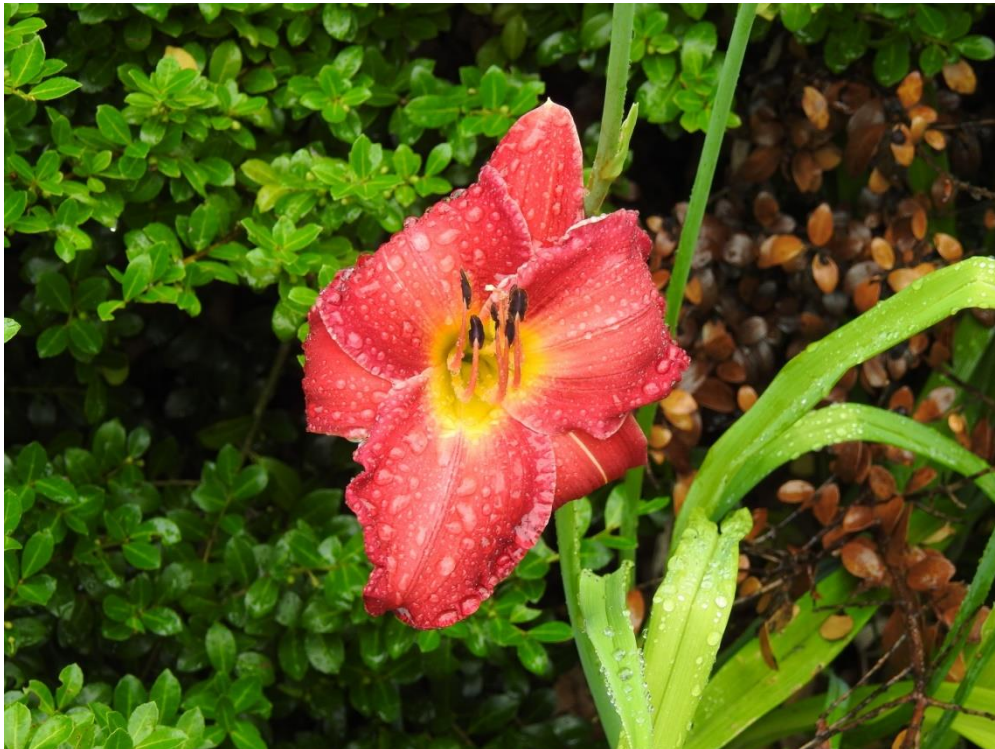
2020 07-20, 4651 - NATURE AT WORK - Nature has been very busy lately growing fruits, vegetables, grass, and leaves. It is a wonderful time to take a few moments wherever you are, even if it is just looking out a window, to observe this season of growth.



2020 07-21, 4652 - LEADING THE WAY - Often when I drive down the old road going back and forth to the cabin, a large bird will swoop over the vehicle leading the way. Recently it paused and perched on a limb over the road. I think Nature is reminding me that we all have a Source that leads us on our soul's path.



2020 07-22, 4653 - THE LILY PARADE CONTINUES - More varieties of lilies are in bloom, spreading cheer throughout the Center. We are now in the heart of summer with so much to see and appreciate each day. Nature has given us a way to discover life again for the first time through the lilies.



2020 07-23, 4654 - THE HYDRANGEAS ARE DOING WELL - Four years ago we transplanted ten or so hydrangea bushes at the Center. They are now providing us with small white blooms. It can take some time for shrubs to begin to pay dividends as it also often happens with acts of kindness.



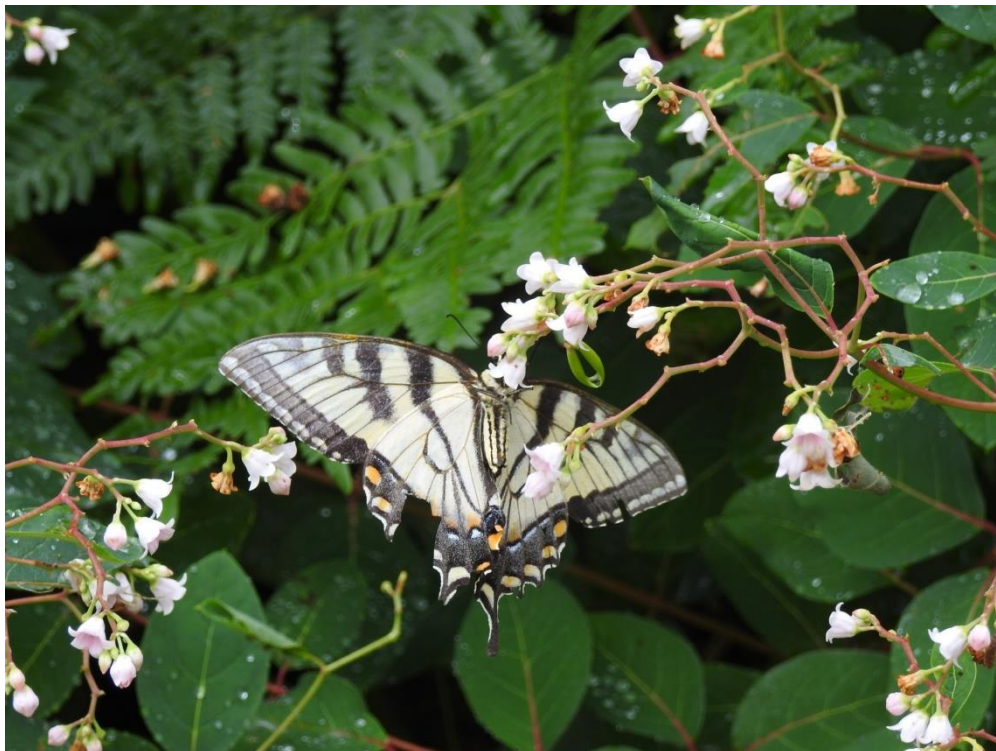
2020 07-24, 4655 - ZEN MOMENTS - My sister sent me a beautiful photo from the family cottage in Maine. She relived it as we talked about it. It is a place from where my son posts Zen moment videos. We all have special places where we can remember Zen moments we can replay in our minds.



2020 07-25, 4656 - AND THE RESULT IS - Last summer we worked on the entrance road to the Cabin and in the fall planted some lilies, along with some lilies-of-the-valley and blue flag. By now we have forgotten what kind of lilies we planted and are grateful for the discovery of orange blossoms.



2020 07-26, 4657 - UPSIDE DOWN AND BACKSIDE TO - When I looked at a photo of a butterfly, it appeared to be in black and white. I realized I was looking at it from a view of its backside. It reminded me that many of us are learning to sip the sweet nectar of life from a different angle.



2020 07-27, 4658 - THE MUSIC PLAYS ON - Every time I see daises I remember a popular song from the 70s titled, "A Daisy A Day," Then I think of all the other flowers that create songs in my heart and am grateful the "music" of Nature still plays on.



2020 07-28, 4659 - PERSONAL CLOSE-UPS - I love to get as safely close to Nature as possible to try to get a good picture. Once in a while I get a better one than I had planned. Our personal close-ups with people can produce similar images.



2020 07-29, 4660 - THE HEART OF THE PEACE GARDEN - Recently six students, an alumnus, and a teacher spent the weekend establishing the beginnings of a Peace Garden sponsored by the White Mountain Center for Creative Development. After they raked the area, I spotted a stone heart.



2020 07-30, 4661 - THE COLORS OF SUMMER - No matter where I look, I am surrounded by the colors of summer, including the late blossoms of a yellow lily. It is a time to let my mind float with the breeze as I rejuvenate for the journey that is ahead.



2020 07-31, 4662 - A STREAK OF ENERGY - The game camera caught a flash in the night that looked like a streak of energy across the night sky. I wondered if it was a spirit or just a fire fly. I don't know the answer, but I love the mysteries that Nature can conjure up for me causing a streak of mental energy.



2020 08-01, 4663 - THE CHICKS ARE HALF GROWN - As we turned onto the trail at the top of the Lupine Field, my eyes caught a flurry of activity. A large flock of half-grown turkeys, led by a couple of adult hens, were making their way ahead of us. Life in Nature still follows its normal progression.



2020 08-02, 4664 - FLORAL FIREWORKS - The beebalm is currently putting on a dazzling display of floral fireworks. It brightens my day when I attend the show and I am grateful that when the cold winds of winter blow that I will have a wonderful memory of the summer to cherish.



2020 08-03, 4665 - WITNESSING THE INVASION OF A BIRD HOUSE - At first I thought someone had put a patch over the opening in a bird house with what at first looked like a camera hole. As I got closer I saw movement going in and out and I realized I was witnessing an invasion by hornets.



2020 08-04, 4666 - IN A TANGLE - I purchased a thousand foot coil of tubing to bring water from an old spring down the mountain to fill the Reflection Pool in the Peace Garden. We got half way there when it tangled up. My son worked on it for an hour or so and we decided to wait a week. Life is full of tangles.



2020 08-05, 4667 - BLUE WILDFLOWERS - There is a constant transition taking place in the Lupine Field from the disappearance of snow in the spring until it returns again in late fall. Right now, the beautiful and graceful blue Ragged Robin is in bloom. My intention is to daily discover something new in life.



2020 08-06, 4668 - THE STORM TRACKED TO THE WEST - The tropical storm, just below hurricane strength, roared up the East Coast and tracked by where we live to the West. I listened to the call on the scanner of trees down throughout the area. By morning it was gone and the sun was shining again.



2020 08-07, 4669 - MUSHROOM CHARACTER - I have seen a lot of characters in Nature, from tree spirits to cloud faces to a mushroom characters. Each encounter provides an opportunity for my mind to embrace a story that may relate to a situation in life that I am experiencing.



2020 08-08, 4670 - ANOTHER WILDFLOWER BOUQUET - As I sat on the memory bench beside the Lupine Field I noticed a beautiful bouquet of wildflowers growing in a place where there was very little top soil. Nature was providing me with another gift to brighten my day. I am grateful.



2020 08-09, 4671 - NOW, THE GOLDEN ROD - Summer is half way to Fall, and now the golden rod is starting its show in the Lupine Field. For the next month it will dazzle observers with its bright yellow flowers. Nature acts as my calendar all year, helping me appreciate its changing show.



2020 08-10, 4672 - STRANGE FLOWERS - I think the strange flowers I photographed at the Center are from Hens & Chickens, but I could be wrong. The plant looks as if it should be in the desert rather than the mountains. I know that the landscape of life is filled with many flowers not considered normal.



2020 08-11, 4673 - WELL FED HAWK - There is a hawk that seems to greet us every time we visit the Cabin. It will land on a perch overhead and allow me to take a few photos before it flies on to its next observation post. Whether it is really there for us or just passing through, I am grateful for each encounter.



2020 08-12, 4674 - THREE FACES IN ONE - As I sat on a rock, my eyes focused on the bark of a tree which had a scar. I imagined a face looking to the left, one looking to the right, and another looking straight ahead. I was reminded that we can often see more than one view of a situation by looking in different directions.



2020 08-13, 4675 - SIGN OF THE TIMES - We placed a new sign on the gate going to the Cabin identifying the land as a family forest. That family includes our ancestors that connected to nature, our children and grandchildren, as well as the many hikers and even those who have never been here but still connect.



2020 08-14, 4676 - TRAFFIC ON THE ROAD - We found some animal traffic when we checked one of our game cameras. There was a lone coyote, a large flock of turkeys, and a mother deer and fawn. It just proves that a lot that takes place in life, such as miracles, that we do not notice.



2020 08-15, 4677 - A SPECIAL SUNFLOWER - Recently I commissioned a special painting for Mothers' Day from my granddaughter. I can feel her loving energy in the painting and am reminded that everything we do or say has energy connected to it.



2020 08-16, 4678 - SUMMER SUNSETS - I see a lot of beautiful sunrises and sunsets posted on the internet, but from our home the leaves block our view this time of year. However, I realize that even when I don't see them, there is something special taking place every day.



2020 08-17, 4679 - A BRIEF SUMMER ESCAPE - Recently my wife purchased some old books in the area of one of our favorite spots on the ocean. We took a drive after lunch and walked the Marginal Way and sat on a bench beside the ocean. We traveled home refreshed from our brief summer escape.



2020 08-18, 4680 - WHOO'S WATCHING WHO - We usually watch for the hawk that escorts us along the old road on the way to the Cabin, and as if on cue a large bird landed on a limb in front of us. It was an owl; I grabbed the camera and searched for the right view but noticed it was also studying me.



2020 08-19, 4681 - MY FAVORITE LILY - The last lilies of the summer are now in bloom. They are my favorite color, what I would call lavender. I suppose a lot of people consider their favorite flower to be the one that is in bloom at the moment. There is usually something in every flower and many moments that can be special.



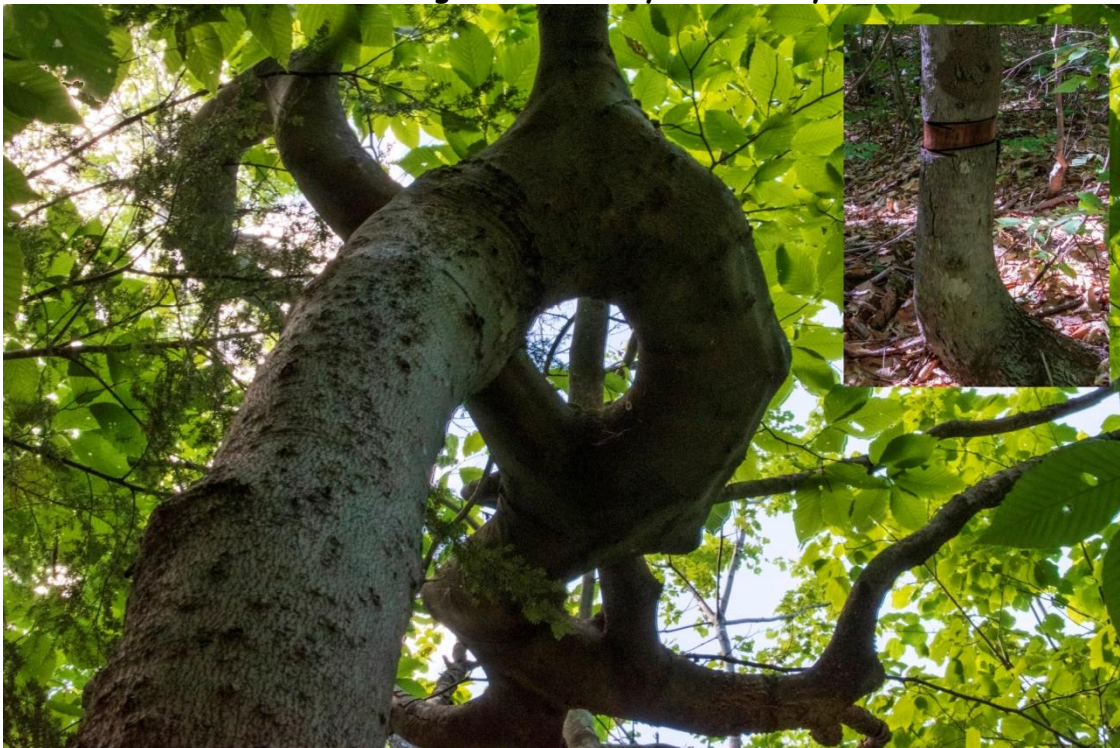
2020 08-20, 4682 - RAPIDLY GROWING SUMAC - The sumacs are now in bloom with their fuzzy tall red and maroon blossoms. This tree grows very rapidly and can take over the landscape if we don't pay attention to it, just like worrying thoughts can do in our minds. Awareness and action can help eradicate the spread.



2020 08-21, 4683 - GETTING READY TO MOVE THE OUTHOUSE - There is an outhouse on the property near the Cabin that has never been used. It is a storage shed, and we decided to move it a few feet to a place where it can become a photo op for visitors. Each one will have a story to tell.



2020 08-22, 4684 - PORT HOLE INTO THE FUTURE - A friend sent me a photo he took of a tree that has appears to have formed a port hole looking into the future. All of us have the gift of seeing into the future at different degrees of clarity. What is your view?



2020 08-23, 4685 - HINTS OF CHANGES TO COME - Nature is starting to give us hints of the change of seasons to come. There are colored leaves scattered on the mountainside. We often get hints of possible changes in our lives if we pause and observe the landscape around and inside us.



2020 08-24, 4686 - WHISPERS IN THE WIND - Often, as I approach the Lupine Field from the orchard side, I can hear the wind whispering its messages from the Cosmos throughout the valley below. Sometimes the message is intense and sometimes it is peaceful. I look forward to its positive messages.



2020 08-25, 4687 - THE BIG SHOW - Finally, the big bright red hibiscus are in bloom. It seems as if every year they are way behind the early blooming plants. Then again, there are people who are late bloomers that have wonderful abilities waiting to make their appearances.



2020 08-26, 4688 - OCEAN DECORATIONS - It is always fascinating when I visit Nature in other places. There is always something different at the ocean than here in the mountains. Even the air is different - fresh and salty. All one has to do is be aware of their surroundings.



2020 08-27, 4689 - FINDING PEACE AT THE EDGE OF THE ORCHARD - We placed a grouping of chairs at the edge of the orchard, a place where one can sit and observe Nature, to reflect, and find peace, both in the place and within one's self. Nature can provide special places to escape, if only for a few moments.



2020 08-28, 4690 - WONDER IN NATURE - I love to wonder what the land might have looked like in older times and who left imprints there. I wonder about a spot surrounded by ferns that looks like a potential spot for a pond. Wondering is a great way to be a kid again.



2020 08-29, 4691 - SCAVENGER HUNT - I have been on a scavenger hunt for most of my life, collecting parts and pieces of things I think I will have a use for in the future. I think many people have been doing the same thing spiritually and now are finding ways to dust off and reexamine unused abilities.



2020 08-30, 4692 - FIRST VISITOR - My wife and I set up a bird bath in a corner of the Peace Garden that is being designed by our granddaughter. I filled it with water, and later in the day I noticed that nuthatches had found it. They are the first visitors to the garden.



2020 08-31, 4693 - BARK MONSTER - Some people are afraid of the woods. They fear the unknown, whether it is dark spirits or wild animals. The bark clinging to a tree at first appearance looked to me like some sort of monster. Then again, life itself, when lived in fear, is much the same as fearing the woods.



2020 09-01, 4694 - HAWK EYE - I focus on the hawk that watches over us as we travel the old road again. I keep searching for the perfect photo and when I saw the magnificent bird of prey's sharp eye, I was reminded of how we have the opportunity to observe life through the eyes of Nature.



2020 09-02, 4695 - MOVING IN - Now that September is upon us, many people are looking at moving to the mountains or to warmer climates. In a normal year, college students would be moving back to their campuses. Even a frog has decided to move into the partially filled reflection pond in the Peace Garden.



2020 09-03, 4696 - IMPROVING THE ENTRANCE - Several years ago I created a path to the area that is now becoming the Peace Garden. With the increased traffic I needed to improve it so I could deliver material to the space. There is something about working on the land that is good for the soul.



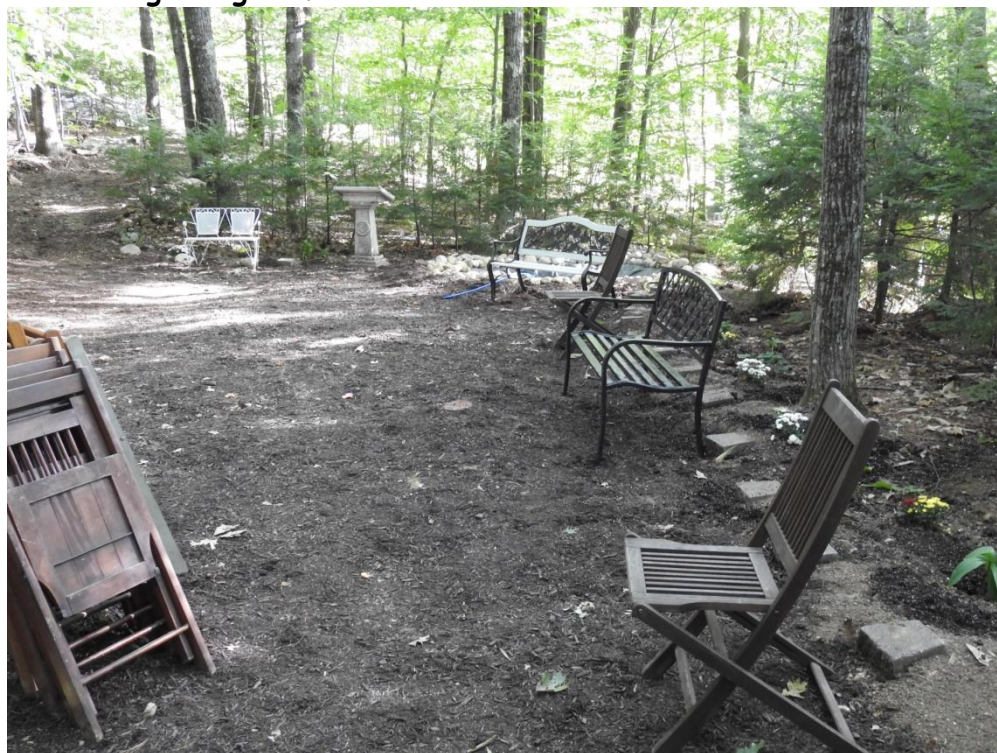
2020 09-04, 4697 - PAINTING ON THE TOWER - As we approach the celebration of the first phase of the Peace Garden, we have been putting on some finishing touches. I took a photo of my wife up on the bell tower painting a second coat and thought of how grateful I am to all those that have helped in this project.



2020 09-05, 4698 - ONE BOARD AT A TIME - Over the past few months, I have had the opportunity to slowly work on projects on the land such as the cabin near the orchard. I often judge the success of the day by the number on boards I can nail in place. So it was with a picket fence in the Peace Garden.



2020 09-06, 4699 - READY AND WAITING - The Peace Garden is ready and waiting for the opening of phase one. There is a lot to do in the future, but right now it is a time to reflect back and celebrate all that has gone into what has been accomplished. Many times we forget that important step in reaching our goals.



2020 09-07, 4700 - PODCAST 4700 A LOT OF SUNRISES AND SUNSETS - I have observed a lot of sunrises and sunsets, as well as many aspects of Nature, over the past fourteen years doing a daily podcast. It has taught me that the whole of life has many angles filled with insights.



2020 09-08, 4701 - NIGHT CRAWLERS - We often think of night crawlers as large angle worms that come up through the earth at night, especially after a soaking rain, but other small creatures such as salamanders also live in dark and often damp places. There is a lot of unseen life around us.



2020 09-09, 4702 - LABOR DAY PICNIC - The weather was perfect and we took the Cat for a ride up the Mountain. On the way we passed a family on a hike and as we eventually headed back down we passed them having a picnic at the edge of the Lupine Field. It was a timeless image and good for the soul.



2020 09-10, 4703 - IT'S BEEN A DRY SUMMER - It has been an exceptional dry and hot summer. Nature is beginning to show the effects of the drought. The grass in the Lupine Field is brown and the little brook that runs down the mountain is dry. We look forward to rain, but now is a wonderful time to find peace in Nature.



2020 09-11, 4704 - THE LAST FLOWERS OF THE SEASON - As September makes its way towards October I am noticing some of the last flowers of the season as they prepare to drop their seeds to insure there will be new ones next year. Fortunately the seasons of life allow us to grow all year long.



2020 09-12, 4705 - LUPINE SEED BOUQUET - My wife gathered a bouquet of dried lupine stems with seed pods still attached so that she could plant them in a spot near the Cabin. I think of people who plant seeds of positive actions that will be sown by others to bloom in the future.



2020 09-13, 4706 - FIRST WARMING - There is an old saying that when you prepare and burn wood for heat it warms you several times. I found that to be true as I worked up a sweat cutting small trees and saving the trunks for the wood heater in the cabin. What we invest in now pays off in the future.



2020 09-14, 4707 - PAUL BUNYAN I'M NOT - Paul Bunyan was a folk hero, a giant of a man who could fell a large tree with one swing of his axe. I just enjoy spending a little time with my small chain saw cutting small trees to improve the land. I find working on the land good for my soul.



2020 09-15, 4708 - GOING TO SEED - Nature is casting seeds from many of its plants. The animals and birds have for the most part risen their young investing in the years to come. Now is a wonderful time during this harvest season to release the seeds of positive actions to nourish people everywhere.



2020 09-16, 4709 - IN A DROUGHT - We are in a major drought here in the foot hills. The little brook that flows by the house is bone dry. It will take a lot of rain to recover. Mind droughts, a least, can flow again through divine inspiration.



2020 09-17, 4710 - RED APPLES - The apples have turned red on the trees in the orchard and even though we don't eat these, they serve as a reminder to purchase some at a store to make pies and apple crisp. Nature provides us with many treats, some edible and some feasts for our eyes.



2020 09-18, 4711 - LEFT OVER FROM LUNCH - It appears that the squirrels had a good lunch, munching on a pine cone. They left a lot of debris on rocks and stumps. That debris will eventually nurture the forest soil. Animals often leave calling cards, letting others know they have been there.



2020 09-19, 4712 - CLEAR AIR - The feeling of fall is in the air which is coming from Canada at the moment causing clear views of the mountains across the valley. It is a wonderful time to visit a favorite spot in Nature and take a few minutes to reflect and plan for the fall ahead.



2020 09-20, 4713 - CHANGES ARE COMING - You can feel it in the air. You can see it in the changing leaves. It is only a matter of weeks before the mountains will be ablaze with the colors and smells of fall. Nature will be ready and waiting for you to pay her a visit.



2020 09-21, 4714 - LOOKING AT THE LAKE THROUGH RED OAK LEAVES - There are many different views of fall to capture, from large panoramas to small groupings of colorful subjects. Life is a collection of large views and small views that make up the whole picture.



2020 09-22, 4715 - A FAVORITE SPOT - I have several favorite spots I love to visit during the fall season, including looking at the orchard through the birches from the back entrance to the Cabin. It is a place where the world pauses for a moment as I take in the splendor of Nature.



2020 09-23, 4716 - KING OF THE HILL - One of my favorite things to do is work with Nature to improve the land. I can use the old tractor at a slow pace to make positive changes like cleaning up mounds of dirt and rocks left by others. Big accomplishments can come from a steady pace.



2020 09-24, 4717 - FALL BLEND - Now that fall is officially here, it is a wonderful time to rediscover life through your five senses: seeing, hearing, feeling, tasting and smelling. There is a visual feast waiting for you around every corner as you travel your soul's path.



2020 09-25, 4718 - A STORY ROUND EVERY BEND - I love to drive or walk the old country road to the Cabin. There is a story waiting to be told from the past, the present, and even the future, round every bend. Then again, there is a story to be told round every bend of your soul's path.



2020 09-26, 4719 - CLASSIC FALL BEAUTY - We are currently experiencing the classic beauty of fall. The mountains are ablaze with color and the air has crispness to it. I am so grateful we live in such a beautiful place. I am also aware that wherever you are, you bring classic beauty to the landscape of your life.



2020 09-27, 4720 - A LATE SEASON SURPRISE - As we traversed the path at the bottom of the Lupine Field, a splash of color caught my attention as I gazed up at the faded landscape. Getting closer I discovered it was a bouquet of wild flowers. I thought the season was over. It was a special surprise.



2020 09-28, 4721 - PICTURE PERFECT - It appears to me that the fall foliage is picture perfect this year. Yet when we are expecting to see picture perfect, we often focus on something that blemishes the image. Like patina on a ring, it is the scratches that help make the ring shine in the sunlight.



2020 09-29, 4722 - SUNLIGHT ON FERNS - Along with all the brilliant fall colors, there are also little shows happening that often go overlooked, such as the sunlight shinning on a patch of now brown ferns. Fall is a wonderful time to rediscover life in Nature and other places in our soul's travels.



2020 09-30, 4723 - MOWING THE FIELD - I recently hooked up the field mower to a Bob Cat and cut the summer's growth in the Lupine Field. It is a routine that is hypnotic, taking me back to childhood haying memories and memories of my soul. It is a task that leaves me refreshed and spiritually invigorated.



2020 10-01, 4724 - PUTTING IT TO BED FOR THE WINTER - It has been a great joy for us this summer during the pandemic to have the opportunity to work and play with the landscape near the Cabin as if we were creating an exhibit of art and Nature. It is with a sense of accomplishment that we put one project to bed for the winter.



2020 10-02, 4725 - SPIRIT WALLS - I have heard that Native Americans built stone walls with openings for spirits to pass through. When I saw the sunlight through one of our stone walls, I wondered who really built it, was it there long before the settlers arrived? I may never know the answer. Positive spirits are always welcome.



2020 10-03, 4726 - APPLE HARVEST - This year it took only a few minutes to harvest our apples. The old tree needs pruning and the crop was small. Still, the basket full we picked will make wonderful apple crisp. Fall can bring us back to the land to enjoy the tasty treats Nature provides.



2020 10-04, 4727 - A VISIT FROM A FOX - Recently I had two daytime visits from foxes, one at the Peace Garden and one at the Cabin. It could have been the same one, but I was cautious, making sure it was not aggressive. It wasn't. I considered the visits to be a positive sign.



2020 10-05, 4728 - FALLING LEAVES - The Falling Leaves drift by my window, reminding me of a popular old standard song. It marks a transition in the seasons that will eventually lead to winter. It is a great time to plan and work on projects that make this transition easier.



2020 10-06, 4729 - LOOKING BACK FROM THE ORCHARD - I walked over to the other end of the orchard where I could look back at some at the remaining trees and the cabin beyond. It is a place I do not visit when the grass is long and filled with ticks. It is a place where the past, future, and present come together.



2020 10-07, 4730 - BEAUTIFUL CREATURE - A small moth marked like a butterfly caught my eye as it rested on a rock, feeling the warmth of the October sun. It was a beautiful creature and one easily missed. It reminded me of beautiful people walking the earth that many never see.



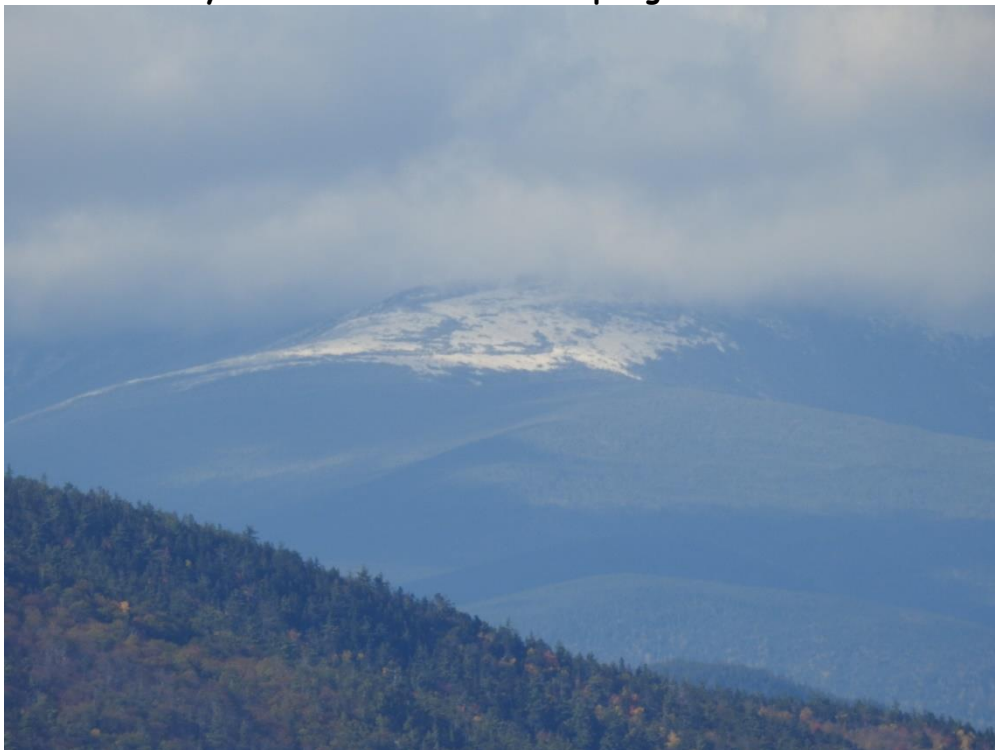
2020 10-08, 4731 - A RARE CAPTURE - Looking at the photos from the game cameras throughout the property is an adventure in itself. Recently, we saw pictures that captured a pair of fisher cats in the road to the Orchard. That is a first for me and I am grateful for what Nature reveals to us.



2020 10-09, 4732 - FEATHER AND FLOWERS - The afternoon sun shining on and through a feather resting on a wildflower caught my attention. I paused and took a photo of this creation of Nature to help me recall the joy I felt at that moment in time.



2020 10-10, 4733 - SNOW ON THE HIGH MOUNTAINS - Snow has arrived on the high mountains and is clearly visible here in the foothills. It is a time to prepare for the season ahead. It is also a time to incubate your ideas for birth next spring and summer.



2020 10-11, 4734 - AUTUMN ART - People from all over the world come to the White Mountains in the fall in an attempt to capture the autumn art created by Nature. As a daily observer of Nature all throughout the year, my goal is to always be on the lookout for the small arrangements often passed by.



2020 10-12, 4735 - DELICATE BALANCE - In a recent rain and wind storm a large dead tree broke apart and fell over, leaving a large section delicately balanced high up in the trees. It will probably come down this winter, but right now it is a reminder to keep watch above as I walk the trails.



2020 10-13, 4736 - THE UPS AND DOWNS OF MOVING A SHED - It was time to move the small shed out of the way of an upcoming logging operation to a place close to the Cabin. Fortunately, our neighbors stopped by to help. As we almost had it moved, the shed fell on its side. Amazingly it survived and so did we.



2020 10-14, 4737 - THE FIRST FIRE OF THE SEASON - There are many rituals to celebrate the fall season wherever you live: the first apple crisp, the choosing and carving of a pumpkin, and the first fire in the woodstove. Rituals, large and small, help us celebrate and create special memories.



2020 10-15, 4738 - FADING COLORS - The foothills are now past their peak colors as the leaves are fading and dropping from the trees. To me the landscape takes on the appearance of a different time period, perhaps as it may have been a couple of hundred years ago. The clues are still there.



2020 10-16, 4739 - A HOLLOW LOG - There is something about a hollow log that provides the mind endless opportunities to journey beyond the restrictions of daily normal life and out into the limitless bounds of the Cosmos. There one is free to examine life from a different perspective.



2020 10-17, 4740 - HANGING ON - The red maple tree close to the orchard hangs onto its colors longer than the trees close to it. We are greeted with a beautiful red hue as we approach the cabin. People have the opportunity to experience the hanging on feeling long after a positive experience.



2020 10-18, 4741 - CRACKLED - The tree with its ugly crackled bark reminded me of a type of antique glass with an applied finish that over time became crackled. That reminded me of people that over time show the effects of life's wear on their bodies. They may appear crackled, but inside their core is still clear.



2020 10-19, 4742 - THE RETURN OF THE BROOK - The brook has returned after the recent soaking rains. Hopefully many of the wells in the area that had dried up are also replenished. We all experience creative droughts from time to time. It is always good to have something in our minds to bring the flow back.



2020 10-20, 4743 - SUNLIGHT AND LEAVES - It seems as though this year more than ever I have been aware of how sunlight can enhance different views of Nature. Leaves that are still hanging on the trees when seen through sunlight create a beautiful image. Life gives us a chance to see it from different angles.



2020 10-21, 4744 - LEAVES THROUGH THE WINDOW - I love to observe the leaves through our large window all year long, from the early buds in the spring to the last one to drop in the fall. This time of year they are especially mesmerizing, and I am grateful for the opportunity to be the observer.



2020 10-22, 4745 - RED LEAVES AND FERNS - Nature has provided many little beautiful scenes this fall for me to observe as I walk the land. It is these components that combined together, make up the landscape of Nature. Each person, when combined with others, makes up the landscape of life.



2020 10-23, 4746 - PICKING OUT NEXT YEAR'S HOUSING - As I approached the Lupine Field I spotted a bird sitting on one of the birdhouses. Looking through my long distance camera lens I realized it was a Bluebird. I read someplace they pick out next year's nest in the fall. I sure hope so.



2020 10-24, 4747 - BEAUTIFUL-BLEAK - It is interesting how we combine words (such as "wicked-good") that mean the opposite to describe situations. To me the beauty of a bleak mid-fall landscape on a misty moist day is the opportunity to tune into the positive loving guidance of the Cosmos.



2020 10-25, 4748 - NEXT YEAR'S FIREWOOD - A few years ago I thought I was all done cutting up firewood, but with the cabin and a small wood end heater, I am now gathering a wood pile. There is something about the smell of wood smoke that takes me back in time; it is nice to discover it again.



2020 10-26, 4749 - BUILDING A STONE WALL - We do not have a shortage of rocks on the land. In fact there are many stone walls built two hundred years ago. My wife wanted to outline the flower garden we inherited by the Cabin and so over a week we moved a lot of rocks...Yankee ingenuity.



2020 10-27, 4750 - FALL ACCENTS - I love to see the decorations that people place outside their homes this time of year. Pumpkins, hay bales, corn stocks, Halloween inflatables, and fall wreaths create beautiful accents to the season. Nature is also doing its part.



2020 10-28, 4751 - HONORING THE SETTLERS - We have wanted to restore the old graveyard on the land for a long time. Every year or so we cut the new growth and now are beginning to consider how to restore this long neglected place where the Daniel Jackson family is buried. We honor their lives.



2020 10-29, 4752 - UNIQUE ROCK - There are many unique rocks on the property. Some are shaped like hearts or have faces, and one is the outline of the state of New Hampshire. Many have quartz in them and many have crystals. Also, there are a lot of unique people on earth.



2020 10-30, 4753 - AND SO IT BEGINS AGAIN - And so winter begins showing its snowy face, coating the evergreens with a fresh coat of white, contrasted by the rusty oak leaves. The scene was peaceful, as the sounds of the world were silenced in the softness of the moment. The brief interlude was welcome.



2020 10-31, 4754 - BEAUTY IN THE STORM - The first snow storm of the season created a magical landscape as I wandered through the orchard and over to the Lupine Field. Holding the peaceful feeling in my mind with gratitude gives me the opportunity to have the experience again.



2020 11-01, 4755 - THE HEART OF THE MOUNTAIN - I looked at a photo I had just taken of Mount Chocorua covered with a fresh coat of snow in the late afternoon. There in the shadows I saw a heart shape as well as the outline of a canine. I realized I was looking into the soul of the mountain.



2020 11-02, 4756 - SETTING THE TABLE- The trees carefully arranged their leaves on the stone table providing a delicious feast for the North Wind, and it didn't take long to gobble them up spreading what was left on the ground. All of Nature is celebrating this beautiful time of year. So am I.



2020 11-03, 4757 - THE MAJESTIC WHITES - The first time I saw them was over fifty years ago as we crested Wakefield Hill on the way for a teaching job interview. They took my breath away. I still get the same feeling as I approach the Lupine Field from the orchard and I know we are home again.



2020 11-04, 4758 - I CAN SEE THE GLOW AGAIN - Now that the leaves are off the trees in front of our big window I can see the alpine glow again reflecting on the mountains across the valley. Just as the glow each of us has inside, sometimes it seems as if it has disappeared until rediscovered.



2020 11-05, 4759 - I WONDER WHO IS LIVING THERE - Every time I pass by a hollow tree or log, I wonder who may be living inside. It could be a bird, or an animal that has made a den. I am not about to peek inside. I do love the mysteries that Nature creates.



2020 11-06, 4760 - LOST IN THE LEAVES - The brook has disappeared again. There is still a trickle running under a blanket of leaves. At the same time there is a lot to discover now that the leaves have dropped. Nature gives us a lesson for life as we often lose our dreams when they are covered by life. They are still there.



2020 11-07, 4761 - A DECORATED STUMP - As the seasons duel each other for control of the weather we experience days of cold and snow and days of abnormal warmth. During this time I focus on the smaller joys of Nature such as a snow decorated stump. There is so much beauty to experience in life.



2020 11-08, 4762 - DIVIDING LINE - I could see a line in the woods where the sun and shade came together; the snow had melted and still was on the ground. Nature reminded me that even where we feel divided, we are much closer to blending than we may realize.



2020 11-09, 4763 - JOURNEY THROUGH THE TUNNEL - There are many tunnels on the mountain, all places where my mind can journey to magical places out in the Cosmos filled with dreams and guidance. When I come back to the world around me, I am refreshed and ready for the next step in my soul's journey.



2020 11-10, 4764 - FLURRIES - This time of year when the temperature is below freezing, I can see the snow flurries drifting across the valley. I am reminded of the snow globes that, when shaken, the scene inside is blurred until the "snow" settles. That is a good lesson for life when we have a snow flurry in our mind.



2020 11-11, 4765 - REMNANTS - My wife uses quilt remnants to make face masks to wear during the pandemic. In the woods we have a lot of 200-year-old stone remnants from quarrying. In life we have a lot of remnants, unused abilities that we may find a use for if we remember we have them.



2020 11-12, 4766 - BOUNDARY MARKER - Recently while walking through the woods, we spotted a standing stone that looked out of place. On further investigation we found blaze marks on some nearby trees that marked a boundary line. We have many boundaries in life that are good to mark.



2020 11-13, 4767 - FULL OF GEMS - I saw a rock which contained quartz and mica sparkling in the sun. I thought of the quartz arrowhead my grandson found on the property and all the polished quartz used to make jewelry. Then I thought of all the people who are full of gems of wisdom.



2020 11-14, 4768 - PAST ITS PRIME - The old pine which is still standing after many years of battling the elements, appears to be past its prime. I can only imagine the stories it could tell. There are many people past their prime who still have wisdoms to share with those who will listen.



2020 11-15, 4769 - GREEN LOG - This time of year, when the landscape on the trails is a bleak brown and gray, a green moss covered log stands out in the sunshine. It draws me to pause and observe closer before moving on.



2020 11-16, 4770 - A REALLY BIG HEART - I am always on the look for heart shapes, whether made by nature or by man. I have walked by this boulder many times, but when I approached it from a different angle, I saw a heart. Different angles in life can give us different insights.



2020 11-17, 4771 - A STASH OF CONES - While wandering off the trail through the woods, I discovered a large stash of cones at the base of an old log. I smiled as I thought about the wildlife hunkering down for the winter like all the people who have been stashing away toilet paper due to the pandemic.



2020 11-18, 4772 - STONE PILLARS - The stone pillars that used to hold the gates of the graveyard on the property fell into disrepair many years before we purchased it. They now rest where they fell, waiting to stand proudly again. They will.



2020 11-19, 4773 - CANDLE POWER - There is a small plant that this time of years looks as if it has candles decorating its top. I understand they used to be tall trees thousands of years ago that have adapted to climate changes. Some people can adapt where others falter. Maybe success is inner candle power.



2020 11-20, 4774 - A LOT OF CHEWING - Recently we cleaned out the storage shed that we acquired a couple of years ago; it was still full of the previous owner's contents. We discovered an infestation of carpenter ants that had chewed through wooden boxes. Nature is fast to reclaim what is left alone.



2020 11-21, 4775 - LEDGE BY DAY, OPENING AT NIGHT - The ledge across the valley presents a mystery connected to its nightly existence of perhaps being a bridge to the underworld celebrated by ancient shamans who guided souls to a place where they could enter and leave the earth plane.



2020 11-22, 4776 - NOVEMBER LANDSCAPE - The skies of November look foreboding as if it could snow at any time, but the temperature is setting record highs. I wonder how the winter will be this year and if the rest of the season will be warmer. The earth seems to be changing even though I am enjoying the warmth.



2020 11-23, 4777 - FAMILY FOREST - We take a lot of pride in our new sign that identifies the land as a family forest. One of our greatest joys is to share our hiking trails and beautiful views with those looking to find a peaceful place to reflect and connect to the energy of Nature.



2020 11-24, 4778 - NOVEMBER ROSE - A flash of color caught my eye as we walked along the edge of the ocean in Rockport, Maine. It was a rose still blooming in late November. I thought of the splashes of color I often find in drab landscapes and realized there are human roses dotting the landscape of life.



2020 11-25, 4779 - WISDOM IN THE TREE - Recently I saw a blur of movement as I drove the old road. I paused, rolled down the window of the truck, and saw a barred owl perched on the limb of a tree. I thought how the wise tree was host to the wise owl. Nature has a lot to teach us.



2020 11-26, 4780 - A SIMPLE HEARTFELT THANKS - Today, Thanksgiving Day, I am reminded of the hard winters the pilgrims experienced when they first came to this country, and they found a way to say thanks. In this year of the pandemic I am thankful for all of those that are helping us make it through.



2020 11-27, 4781 - DAZZLING BEAUTY - I have said many times that the sunrises and sunsets seem to be more brilliant and dazzling than in the past. Maybe it's just me, or perhaps the changing environment has something to do with it. I find a lot in Nature to be dazzled about, especially now.



2020 11-28, 4782 - AN OCEAN-SHAPED HEART - It seems as though the more I focus on heart gratitude, the more I find hearts, including a boulder covered by the ocean during high tide. The water has shaped it into the form of a heart. Just another reminder that we are surrounded by love in Nature.



2020 11-29, 4783 - ALL TUCKED IN - The windjammers moored in the harbor are all tucked in for the winter, covered with a protective layer. People in the mountains are also preparing for the storms of winter, tucking in their spring projects for a few months. Still, each day brings a new opportunity.



2020 11-30, 4784 - HIGH WIND, HIGH TIDE, BRIGHT SUNSHINE - The conditions were right for Nature to manipulate the photo I took to create a dramatic black and white scene on a bright brisk sunny day. It was another moment in time that will never be the same again.



2020 12-01, 4785 - DUCK WATCHING - I've enjoyed watching ducks since I was a child growing up on the edge of a bog; from their appearance in the spring to their flocks of young in the summer to their last appearance in the fall. Recently I captured a photo of mallards on a small pond that reminded me of my past.



2020 12-02, 4786 - WAITING FOR SNOW - As we enter the month of December the big question is, when is it going to snow? Fortunately, now most of the ski areas have the ability to make snow. There is something about a fresh coating of snow that makes the month seem more festive. Each day is festive in some way.



2020 12-03, 4787 - PEEKING THROUGH THE LEAVES - On a recent walk through a trail filled with dry fall leaves, I spotted a rock-shaped heart peeking up at me. I knew that the love of the Cosmos was being shown to me to share through positive thoughts and actions.



2020 12-04, 4788 - MINIATURE MOUNTAIN - The small boulder caught my eye with its craggy peaks and valleys. I wondered what it would look like from the view of an ant and I realized that where I was standing, consisting of energized quartz, was exactly the same.



2020 12-05, 4789 - LIFE IN THE WOODS - I recently harvested some firewood for my son from some dead trees in the woods. I used to work up six or more cords a year, but now rely on oil and kerosene. Still, it was nice to reconnect with the process. My life is still in the wood now, only different.



2020 12-06, 4790 - TOO BIG TO DECORATE - We used to decorate a small evergreen tree on the edge of the orchard during the holiday season. Over the years it has grown. At one time we used a stepladder, but now it is about 20 feet tall and too big for us to decorate anymore. Nature has taken over.



2020 12-07, 4791 - A MAGICAL COATING: A SNOWY WONDER - The wind blew through the night and what we thought was going to be a major snowstorm turned into a magical coating of white. It has arrived just in time to help us feel a sense of normalcy during this season of holiday celebrations.



2020 12-08, 4792 - VIEW FROM ABOVE - On a recent visit to Camden Hills State Park on the coast of Maine and before the snow, we got a bird's eye view of the harbor below. Life has more than one view when we take the time to realize we can be above a situation or we can experience being down in it.



2020 12-09, 4793 - A VIEW OF THE MOUNTAIN - As I drove through the village I was struck by the beauty of the mountain with its fresh coating of snow hanging to the trees. From this location the mountain looks big. From where we live, it is called a hill. There are many ways to view a mountain.



2020 12-10, 4794 - IMPASS - The snowstorm caused a lot of havoc in the foothills. Some people were out of power for several days. When I tried to drive up to the cabin, I found the road was impassible. I got my chainsaw, and it two days to get to my destination. Life is full of impasses. We have options.



2020 12-11, 4795 - WINTER WONDERLAND - The snow clinging to the trees after the storm created a scene that often brings back memories of childhood magical experiences. As adults we are aware that with the beauty come the cold and the need to clear our driveways. The kid in me prefers to see the magic.



2020 12-12, 4796 - A SNOWY TANGLE - It has been over twenty years since an ice storm changed the landscape here in the foothills. Memories of that event came back after the recent heavy wet snow. Nature created another tangle, hard to move through, but beautiful to look at.



2020 12-13, 4797 - THE FIRST CUP OF TEA - Recently we hired professionals to remake the chimney and install a wood burning end heater in the cabin. I built a fire, put on some water to boil and enjoyed my first cup of tea made in the Cabin. Life is filled with many moments like this.



2020 12-14, 4798 - LUNCH WAITING - The single pinecone rested on the surface of the new snow waiting for a squirrel to wander by for lunch. I thought of all the nourishment Nature provides for the wild creatures as well as for humans. My soul is always nourished when I am out in Nature.



2020 12-15, 4799 - A SILENT WORLD - Although the drizzle had stopped, the mountain was covered with a thick fog. The world below had fallen silent, something we seek when we visit Nature. At that place in time, the whole universe and beyond was connecting to me with a loving energy of peace.



2020 12-16, 4800 - LIVING WITH SANTA - I grew up in a house that contained the last old fashioned hand crank telephone company in the country. My father used to answer calls to Santa from the town's children each December. One day in the middle of summer, one child heard his voice and, wide eyed, said, "You're Santa!"



2020 12-17, 4801 - COASTAL DECORATING - I find it interesting how different parts of the country use their local materials to decorate for the holidays, like lobster traps on the coast of Maine. Wherever you are, it is a chance to use your creative ability to bring a smile to others.



2020 12-18, 4802 - I WONDER WHAT IT'S THINKING - I was able to get a picture of a titmouse perched on the edge of bird feeder as it gazed in the window. I wondered what it was thinking, if birds actually think. Maybe it was there to help me think and see life from a different angle.



2020 12-19, 4803 - STUDYING AN OAK LEAF - I am constantly amazed at the uniqueness of all things in Nature, from a single oak leaf to the patterns of color in the feathers on birds, to the sky. No two oak leaves are alike, as no two persons are the same. We are, after all, a part of Nature.



2020 12-20, 4804 - PERFECTION - Here in the mountains Nature has provided us the perfect winter scene, fir trees covered in soft fluffy snow. It is like living in a holiday card and an image really needed this time of year. Some only think of the work of moving the snow. I prefer to see the beauty.



2020 12-21, 4805 - WINTER HAS ARRIVED - Finally winter has arrived, signaling the shortest day of the year. I look forward to the return of daylight starting slowly at first, and then by spring I believe that we shall be well on our way to life and Nature both planting the seeds of a positive future.



2020 12-22, 4806 - THE TRANSITION HAS BEGUN - Today marks the beginning of the return of growing sunlight. It may be only a few seconds a day at the moment but within a month we will begin to see the changes. It is also a transition for all of us into a year filled with positive changes.



2020 12-23, 4807 - DETAILS - Recently we stood at the top of the Lupine Field, and the light was just right to see all the details in the mountains across the valley. There were many little mountains that came together to create the bigger ones. People often see details very differently than others. Perception.



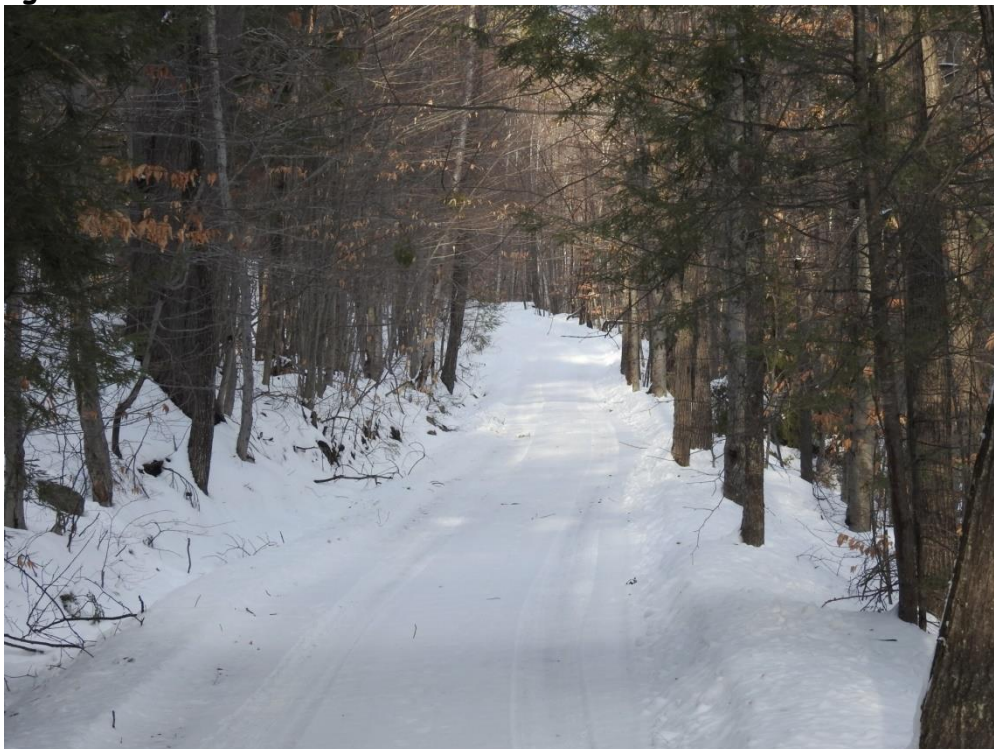
2020 12-24, 4808 - HOME FOR THE HOLIDAYS - This is the time of the year that people look forward to reuniting with family and friends. However, this year is different and fortunately, through social media at least, we are able to connect with the knowledge we will be able to hug each other soon.



2020 12-25, 4809 - A SPECIAL GIFT - During this special season in the Christian world as well as in other religions, gift giving is fairly common. So it was the other day during a snow storm when Nature gifted us with a visit from a pair of cardinals. To us it was a beautiful sign from the source that we were loved.



2020 12-26, 4810 - WINTER WALKS - Our walking habits change in the winter as my leg doesn't like to walk through deep snow. We often drive to the Center's parking area at the back of the land and walk the old Class VI road. It is a wonderful way to connect with Nature without needing to take a lot of gear with us.



2020 12-27, 4811 - WALKING IN A STRAIGHT LINE - I followed a set of animal tracks as I walked along the old road. I knew it was a wild animal because they were in a straight line rather than a dog that will bound here and there. People are like animals. Some walk a straight line in life where others do not.



2020 12-28, 4812 - WIND THROUGH THE PINES - Whenever I hear the wind whistling through the tall pines bordering the old road or approaching the top of the mountain, I think back to one of my favorite childhood stories of Heidi of the Alps. It is a feeling of being home.



2020 12-29, 4813 - HERE TODAY, GONE TOMORROW - The white snow cover, just before Christmas, disappeared during the intense rain and warm weather. The ground is mostly bare again. Still, Nature has provided an opportunity to walk through the woods and explore places the snow would have kept us from.



2020 12-30, 4814 - BACK AGAIN - Nature melted the snow cover on the mountain and valley, creating a brown landscape, and with the stroke of her paint brush she painted the landscape once more in a coating of white. This time of year we resolve to change old negative habits that come back again. Keep painting.



2020 12-31, 4815 - THE RETURN OF THE ICE SCULPTURE EXHIBIT - Each morning it is my intention to look out my windows and observe something unique, positive, and special that Nature provides me as I begin my day. At the moment it is the return of the constantly changing ice sculpture exhibit in the brook.

