

Message from the Mountain
2021

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2021 01-01, 4816 - HAPPY NEW YEAR, RING THE BELLS FOR PEACE - Finally the New Year begins, leaving behind one that will shape our view on life for many years to come. Today we ring the bells for a peaceful, productive, and healthy new year.



2021 01-02, 4817 - HOPE SPRINGS ETERNAL - As we start our journey in this New Year, Nature has reminded me of the positive signs that it provides on our walks. Recently on a section of land we do not visit very often my wife discovered what appears to be a spring. Hope does spring eternal for 2021.



2021 01-03, 4818 - WINTER HAS RETURNED - And just like that, Nature painted the landscape overnight with a fresh coating of white. Winter has returned with a fresh opportunity to discover outdoor adventures as well as those that begin in our minds.



2021 01-04, 4819 - ANOTHER HEART - Just before the snows of winter I discovered another heart-shaped rock in a stone wall. I knew that I was being reminded of the importance of power of heart-based loving energy filled with positive intentions. I love finding hearts wherever my journey takes me.



2021 01-05, 4820 - WAITING FOR A MESSAGE - The mail box, covered in snow, waits patiently at the Cabin for a delivery that, because it is far away from the mail service, will not happen. Actually, messages are received there in the form of signs.



2021 01-06, 4821 - A VISIT TO THE CABIN - Usually by now the ground on the mountain is covered by enough snow to prevent me from driving the truck up to the Cabin. So far this year I am still able to make an afternoon visit for a hike in Nature. Any day that could change, and out will come the snowshoes.



2021 01-07, 4822 - A SNOWY WALK THROUGH THE TUNNEL - With only a few inches of snow on the ground and a light coating on the pine branches overhead, I walked through the tunnel into a world full of hope and dreams as I journey to the far reaches of the Cosmos. I came back refreshed.



2021 01-08, 4823 - A QUILTED SKY - The sky looked as if it was filled with tiny pillows, creating an interesting texture that reminded me of a quilt. I was also reminded that the sky is always different; exhibiting different textures and colors, and that reminded me of life itself.



2021 01-09, 4824 - THE TOP OF THE GLADE - The weather has provided an opportunity for winter walks to places we often do not easily get to this time of year, including visiting the top of the Glade and the back country ski trails down the front of the mountain. It is so peaceful and rejuvenating.



2021 01-10, 4825 - LOOKING DOWN ON DAVIS POND - We can see several bodies of water from the ridge top, including Davis Pond. Looking down from the Lupine Field it appears to be a miniature community. I am reminded that Nature does help us get different views of life.



2021 01-11, 4826 - AFTERNOON HIKES - Another beautiful mid-January day brings about another mid-afternoon hike on the top side of the mountain. Nature provides such a nourishing canvas for the mind, body, and soul. So far, this winter has provided an incredible opportunity to experience Nature up close and personal.



2021 01-12, 4827 - CHOICES - We have several places on the trails that give the hikers a choice in which direction they want to go. Actually every time we hike we make these choices. In our daily lives we all have choices in the directions our goals take us. Just as on the trails, life also has signs to guide us.



2021 01-13, 4828 - LONG SINCE ABANDONED - Lately, exploring some of the land near the old Class VI road, I discovered several maple trees with sap buckets still hanging on them from years ago. They must have been abandoned or forgotten by a previous owner. There a lot of things in life like that.



2021 01-14, 4829 - LAYERS OF SKY - I stood at the top of the Lupine Field and studied the layers of sky unfolding over my head. I wondered what it would be like to fly through them and perhaps even touch the different energies they produced. Actually, my mind did drift off for a few moments before I journeyed on.



2021 01-15, 4830 - THE JOY OF NATURE - I am grateful for the many moments of joy I experience in Nature, from large scenic views to the sunlight shining through the trees on a winter afternoon. I usually come away from a moment in Nature feeling refreshed and ready for the next step on my path.



2021 01-16, 4831 - BIRCHES IN WINTER - Birches have always been special to me since I was a child. We had one in the middle of our yard; I would imagine what it would be like to sail across a lake in a birch bark canoe. Birches can also be bent easily by winter snow and sometimes they never straighten again.



2021 01-17, 4832 - I WONDER WHAT LOST THE FEATHER - It is not uncommon to find feathers on the ground while hiking, but I didn't recognize this one. It was black and white. I wondered if it was a woodpecker. I wondered what may have happened to the bird. Nature and life always has a mystery to solve.



2021 01-18, 4833 - A SIGN IN THE SNOW - I spotted a familiar shape in the snow on the far side of the brook. It was a heart sign from the Source beyond our current understanding that I was on the right path and that I was not alone. It was a good feeling.



2021 01-19, 4834 - UNDER CHAMBERLAIN LEDGE - On the southern side of our property is a steep ledge. We do not own the front, but we do own the steep side. We rarely visit the underneath side as it is hard to get to from the top, but we recently did. It gives us a different perspective to think about.



2021 01-20, 4835 - LIGHT AT FIVE - Finally there is a little splash of light in the evening sky at five pm. I have been waiting for this to happen since the shortest day of the year. Now daylight is growing two minutes a day, spreading hope that before long, spring and freedom from the pandemic will arrive.



2021 01-21, 4836 - ON A CLEAR DAY - It was a beautiful clear winter day, and Mount Washington stood out in its bright coat of white. I felt a cool breeze as I took in this spectacle, and when I left for the trip back to the valley, my mind seemed to have more clarity.



2021 01-22, 4837 - THE BREAKFAST CROWD - I could see them coming out of the woods, and I hastily tossed some corn out the window; soon there was a crowd of turkeys grubbing for their breakfast. I thought back to when I wished I could see a wild turkey. Times have changed.



2021 01-23, 4838 - LOOKING FOR A CAVE - Ever since we purchased the land behind our house we have heard stories of a cave on the mountain. My psychic friends have even drawn me pictures. I'm not sure if we will ever find one or even if there is one, but it is a great mystery that keeps my mind active.



2021 01-24, 4839 - MOUNTAIN IN THE SKY - We stood at the top of the Lupine Field to admire the mountains in the distance, and there was another mountain we had not seen before floating above the rest. It looked very real, but we knew it wasn't. In life there are things that appear real but may not be.



2021 01-25, 4840 - MAKING ADJUSTMENTS - The snow load on the roof let go and pulled the suet feeder off its hanger. The woodpecker just made the adjustment and ate from the feeder on top of the snow. Life is a constant adjustment and often the adjustment turns out better.



2021 01-26, 4841 - FROZEN IN MOTION - The little brook has slowly been freezing, section by section. Now the surface is frozen in motion, something that all of us have been experiencing this past year. Just as under the brook's ice, we also have a flow moving.



2021 01-27, 4842 - SHAPED BY THE ELEMENTS - The snow cover on the land is constantly being shaped and reshaped by the elements. The wind creates drifts, and rain causes melt, and then the cold creates icy surfaces. Life is the same way; we are constantly being shaped and reshaped by the elements.



2021 01-28, 4843 - SNOW COVERED HIDING PLACE - The snow covered brush pile makes a hiding place for smaller animals like rabbits to hide when being hunted by larger animals or birds of prey. People need a positive hiding place inside their heart when the world seems to be stalking them.



2021 01-29, 4844 - EXPLORING THE FOREST - We love to explore the forest. Recently I discovered a single small hole in a tree drilled by a woodpecker exploring for food. It may come back in the future to expand its search. We do the same when exploring our soul's purpose.



2021 01-30, 4845 - COLD SKY - I could see the cold in the sky that I was also feeling on my face and I knew that this night would be a freezing one. Nature can give us many indications of coming weather if we pay attention. Life is full of signs that we can feel, hear, see, or even smell to help us navigate.



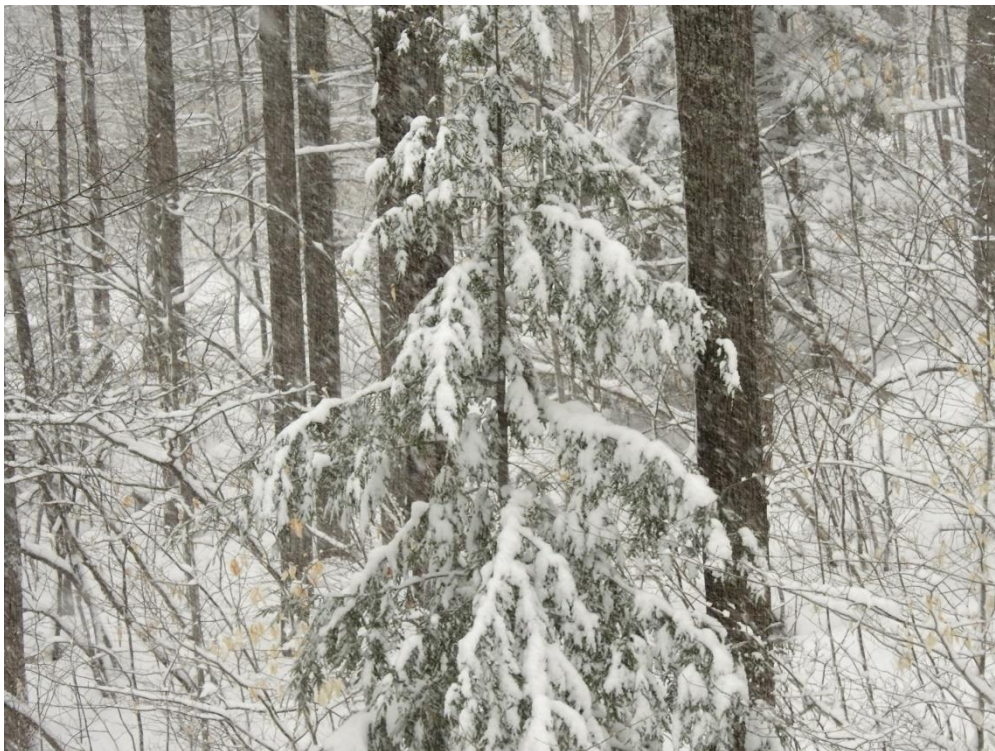
2021 01-31, 4846 - DEEP FREEZE - The recent weather has put us in the deep freeze of winter, the coldest yet this year. People have been feeling the same way since the pandemic has frozen our lives. Now, as the days get longer and spring is on the horizon, so is hope that the pandemic will be a memory of the past.



2021 02-01, 4847 - WALKING OUT OF THE WIND - On cold winter days when the wind is blowing directly through the valley from the higher mountains, we often walk the old road which is located on the other side of the mountain out of the wind's blast. In life we sometimes can't make headway or are going too fast.



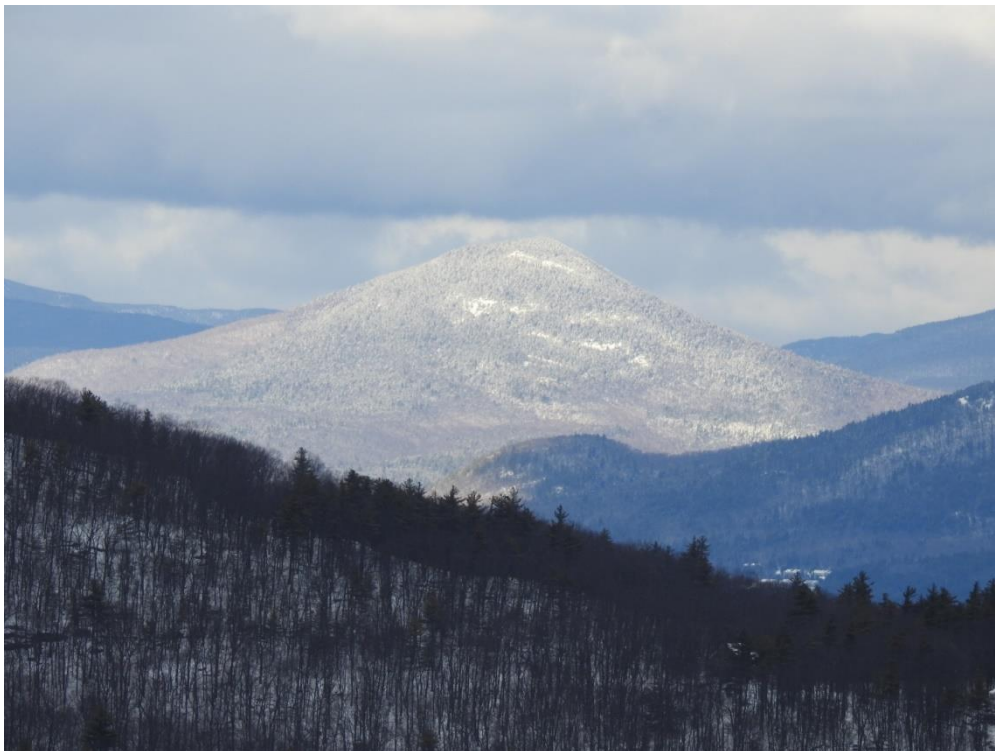
2021 02-02, 4848 - GROUNDHOGS DAY - I don't think the groundhog is going to see its shadow here in the foothills of the White Mountains in the middle of a snow storm. We really don't know if the next six weeks will be stormy or calm. We will know how it was when we really get to spring.



2021 02-03, 4849 - MID-WINTER - We are now experiencing mid-winter, complete with a fresh foot or more of snow. We may have a lot more storms coming, but now the sun's angle in the sky gets higher each day as we expand the length at least two minutes. Patience will help spring arrive at an enjoyable pace.



2021 02-04, 4850 - SNOW COVERED PEAKS - One of the beautiful aspects of winter is the snow covered peaks we can see across the valley. There is always something a little different, such as the sun shining a spotlight on one or more of them. There is always something to be grateful for if we look.



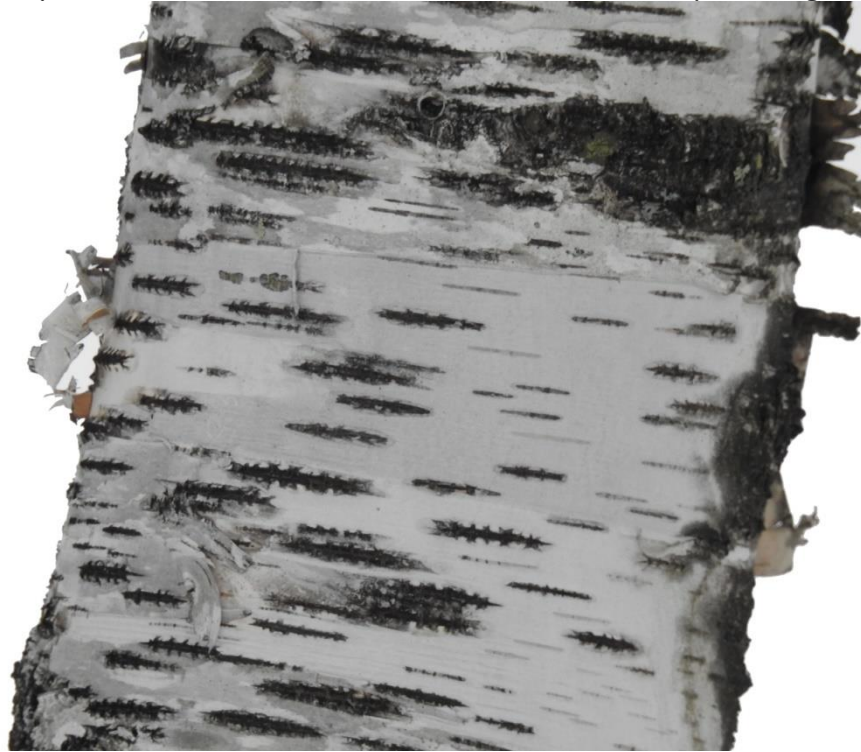
2021 02-05, 4851 - SNOW COVERED OAK LEAVES - Besides the snow covered peaks, there are many small artistic creations made by Nature in the winter, including snow covered oak leaves. To me one of the secrets of being in tune with life is to be able to discover magic no matter what time of year.



2021 02-06, 4852 - LOOKING BACK AND LOOKING AHEAD - A year ago we were on a cruise in the Caribbean when we were told that we needed to return to port because they had gotten the wrong fuel. Now we are scheduled to return on a cruise a year from now. The future comes day by day.



2021 02-07, 4853 - STUDYING A BIRCH - I have always enjoyed studying the bark on birch trees. I even dreamed of building a birch bark canoe when I was young. Now I have the opportunity to observe many birch trees of all sizes on the mountain all year long.



2021 02-08, 4854 - AFTERNOON REFLECTION - As the afternoon sun sank low on the horizon, its rays reflected off the snow creating a pink glow on the trees out our back window. I grabbed my camera and took a couple of pictures just before the sun moved on. There are many special moments that last only seconds.



2021 - 02-09, 4855 - RED SKIES IN THE MORNING - Red skies in the morning can indicate bad weather ahead, which was the case recently when we got over a foot of snow. Forecasters attempt to predict the weather. In life we set positive intentions to help us create a positive forecast.



2021 - 02-10, 4856 - SNOW BAGEL - The old mill wheel resting on the stone wall in front of our big window looks to me like a big frosted bagel. It is interesting how we are reminded of other things when observing Nature. It keeps the mind active and sometimes the stomach hungry.



2021 02-11, 4857 - THE HEART OF WINTER - We are now in the heart of winter with a good snow cover on the land allowing the Hypnosis Glade to provide beautiful back country skiing for those that climb the mountain. Each day brings something special to be grateful for all year round.



2021 02-12, 4858 - WINTER COLOR - Winter colors are less colorful than the colors of summer. It is not only true in Nature but even in the clothes we wear. In winter I look for the things that might normally be passed by, like red branches on the maples that will eventually explode into red blossoms.



2021 02-13, 4859 - AFTERNOON SHADOWS - As the sun gets higher in the sky progressing towards spring, it casts dramatic shadows in the mid-late afternoons on the snow-covered landscape. We cast energy shadows, both positive and negative, wherever we go across the landscape of life. It is our choice.



2021 02-14, 4860 - A DAY TO SHOW LOVE FROM YOUR HEART - Valentine's Day is associated with love from the heart. It is a day to send your heart-based love out into the Cosmos where it will multiply and flow back to earth and all that live here.



2021 02-15, 4861 - A FULL PARKING LOT - Even though the Center has been closed since last March, the grounds remain open to those that wish to find a little peace and reflection in Nature. This winter, with a good snow cover, the parking lot has been full of vehicles belonging to back country skiers. I love it.



2021 02-16, 4862 - OPEN WATER - I was surprised to see water flowing in the mostly frozen snow-covered brook. It reminded me of how positive energy and actions often seemed to flow unnoticed until they bubble to the surface of life. Keep the energy flowing.



2021 02-17, 4863 - PREDICTING THE WEATHER - One of my favorite pastimes is paying attention to weather reports. Even with computer age technology, getting it absolutely right is still a challenge. Life is full of predictions, and the only way to know if they are right is to live through them.



2021 02-18, 4864 - PACKING DOWN THE TRAIL - One of the pleasures of sharing the land at the Center is that when we go for a snowshoe hike, the trail is usually already packed down by previous hikers, making it much easier for us to enjoy outdoor adventure. When we share, we receive much in return.



2021 02-19, 4865 - A FAVORITE WINTER PASTIME - One of my favorite winter pastimes is watching the birds that come to the feeders right outside our windows. On cold and stormy days when we choose to stay inside, they bring a flurry of life for us to appreciate as we wait for spring.



2021 02-20, 4866 - THE BEECHES ARE BEGINNING TO SHED THEIR LEAVES - I have begun noticing that low spots in the snow are filling up with beech leaves that have clung to the trees all winter. It is another hint that spring is around the corner and a new growing season is ready to begin.



2021 02-21, 4867 - LOOKING FOR HEARTS - I am on the constant look out for heart-shaped forms. They remind me of heart-based love and gratitude, and every time I see one, it brings that positive feeling back to me. It is good to have something that reminds us of something positive.



2021 02-22, 4868 - A PERFECT WINTER AFTERNOON - It was one of those midwinter afternoons that we had been waiting for - to go on a snowshoe hike with friends. The view from the Lupine Field was breathtaking, and after an hour and a half we returned with our hearts and souls refreshed.



2021 02-23, 4869 - THE VIEW THAT NEVER GETS OLD - For over fifty years I have been mesmerized by the view we have of the mountains from our house and now from the top of the mountain behind us. It is a magical view that lets my mind soar. All have a view somewhere that never gets old.



2021 02-24, 4870 - THE YING AND THE YANG - There are two hemlock trees on the ledge trail that when seen from a certain angle seem to be in perfect balance. I call them the Ying and the Yang trees and am reminded every time I pass them by how Nature provides the perfect balance for the mind and the soul.



2021 02-25, 4871 - THE PLEASURES OF NATURE - Whether I'm out in Nature or just thinking about it, it is a source of pleasure to me. Each time I look out the window or go for a hike, there is always something different to experience, no matter what the season.



2021 02-26, 4872 - ANOTHER DAY TO PLAY - One of my favorite times of the year is late February, early March. It is a time when the snow is still here and the sun is warmer, making it comfortable to go outside and play in the snow, no matter what age you are.



2021 02-27, 4873 - BACK LIGHTING - Usually we like to see the world by looking at it from a light source that shines on the subject of our attention, but sometimes when the light is shining from behind the subject, we see it differently. This was true as I gazed at tree branches with brilliant sunset behind them.



2021 02-28, 4874 - HINTS OF SPRING - As we move from February to March the hints of spring are making their presence known. Even though winter will still have a voice for the next month or so, spring continues to make progress. The warmer temperatures are beginning to melt the surface of the old Class VI road.



2021 03-01, 4875 - THE ROAR OF SPRING - Today, the first day of March and meteorological spring, I can hear the wind lion roaring across the valley. It is the season, especially this year, of great promise for the season ahead filled with warmer weather and a return to a more normal life.



2021 03-02, 4876 - ANOTHER SPRING RITUAL HAS BEGUN - Our maple trees have now been tapped, a ritual I look forward to every March. It is the signal that life is flowing through the trees and energizing the plants still under the ice and snow. This year, it is a special spring filled with hope.



2021 03-03, 4877 - NO MAIL TODAY - The mail box we put near the Cabin as a joke several years ago, is almost covered with snow. Of course there is no mail delivery there, but there is still a way to send and receive messages from one's belief system. People often forget it, but the line is always open.



2021 03-04, 4878 - SHADOW WAVE - The bright sun cast a shadow onto the white snow creating the image of an ocean wave. The shadow almost appeared to be blue, and I found the scene to be unique. It was a moment in time.



2021 03-05, 4879 - BRAVE LITTLE CEDAR - Several years ago, friends gave us several small cedar trees that they were thinning from their property. At least four of them are still surviving, including one that keeps getting knocked down by snow each year. It is an example for people.



2021 03-06, 4880 - FACES IN THE BARK - Every so often I will find a tree that seems to have many faces etched into its bark. I took a picture of one recently, realizing that not everyone will see what I saw. Each one of us sees life differently and sometimes it takes Nature to point that out to us.



2021 03-07, 4881 - AN OLD BIRD'S NEST IN WINTER - I recently discovered an old bird's nest beside a trail I walk all year and had probably passed by when the bird was raising its young. In life we may discover something about others that we didn't know when seeing them from a different perspective.



2021 03-08, 4882 - A MARCH AFTERNOON - March is one of my favorite times of year. The sun is getting stronger every day, helping late winter outside activities to be even more enjoyable. Even though the cold may not be done yet, there is now an excitement in the air for the coming spring.



2021 03-09, 4883 - AN UNPLOWED ROAD - Once the snow cover on the road to the cabin has become deep enough to make driving it impossible, we resort to hiking or snowshoeing to go for our winter walks. Actually, what seems like an obstacle is really an opportunity to explore different ways to get to our destination.



2021 03-10, 4884 - THE CRUNCH OF WALKING ON LEAVES IN WINTER - Now that the beech and oak leaves have just about all fallen as the trees get ready for new growth, the snowshoe path crunches under my feet. I feel like a kid as I swish along wondering how far the sound travels. Spring!!!!



2021 03-11, 4885 - A WINTER VISIT TO THE GRACE TRAIL - Even though we have had a snowy winter, it is a joy to see how many people visit the land, including the Grace Trail at the Center. There they can leave behind a note with their worries on it.



2021 03-12, 4886 - A PINK SUNSET - I am not sure if it is my perception or if the sunsets and sunrises lately have been more brilliant. A pink sunset can help create a peaceful night and manifest the next day filled with positive adventures



2021 03-13, 4887 - A PEACEFUL PEACE GARDEN - Even in the winter, when the benches are covered with snow and the little pond is frozen over, there is something very peaceful about the Peace Garden. It waits patiently for the spring and the visitors that will be coming to ring the bell for peace.



2021 03-14, 4888 - NATURE DESIGNS A CANOE - Early in the winter a heavy wet snow storm caused a large pine limb to break. Now as the snow is beginning to melt, the limb looks like a canoe. It is a gift for my mind, allowing it to sail away for great adventures.



2021 03-15, 4889 - THE DISAPPEARING SNOW PACK - With the warmer weather of March, we have been watching the snow cover begin to disappear. It starts with a small patch of bare ground, usually under large trees or in spots where the sun is the brightest. It is a sign that life is beginning again.



2021 03-16, 4890 - SAPSICLES - During this season of unpredictable weather, where one day it is spring and the next day is winter, the flow of sap in the maple trees sometimes flows easily or it might freeze at the spigot to create a sapsicle. If I were younger, I would choose one to taste. It is almost spring!



2021 03-17, 4891 - NATURE CELEBRATES WITH GREEN - Nature is celebrating St. Patty's Day with a display of green moss on the stumps and green evergreen trees. In fact, Nature provides a reason to celebrate every day all year long.



2021 03-18, 4892 - WALKING ON THE CRUST - It is a rare occasion when the snow has compacted and then refrozen, making it possible to walk on the crust a couple of feet above the ground. It is a chance to view the world a little differently. Every day has something special.



2021 03-19, 4893 - IN BETWEEN - The little brook flowing by my window caught my attention recently with the beautiful frozen edges and flowing water in the center. It was another example of our being in between the seasons. By mid-day the ice melted and I knew we were experiencing the hope of spring.



2021 03-20, 4894 - READY FOR NEW GROWTH - The birch trees are growing new bark and as it is formed, the old bark begins to split and the wind helps unwind it from the tree. People are also having the chance to shed their old paradigms and embrace their new growth during this time of change.



2021 03-21, 4895 - TIME TO CLEAN HOUSE - It is time to clean the birdhouses out before the next groups of renters arrive for the late spring and early summer. Usually there is a lot of drama with the bluebirds fighting with the swallows for occupancy. People are also cleaning house in many ways.



2021 03-22, 4896 - A GOLDEN SUNSET - On the first day of spring we drove an hour to get our second Covid vaccination shot. Then that afternoon we went on a walk in the fresh spring air. As the sun was setting, the horizon turned golden. It was a golden day with great promise of a golden future.



2021 03-23, 4897 - THE REWARD OF THE HIKE - Every time I take a hike in Nature there is usually a reward waiting along the way: a bench with a view, a pleasant smell, or recently, sitting in the sun for a few moments.



2021 03-24, 4898 - THE MELT IS ON - It is mud season: that time of year when the frost is coming out of the ground creating a lot of mud. It is also the signal that the growing season is just about here with warmer days and the time to bring our winter dreams to reality.



2021 03-25, 4899 - WALLOWING IN THE SNOW - The warm sun has really softened up the snow, and I found myself wallowing in it as we hiked in to the Cabin. I slipped and went flat, getting my backside soaking wet. I dried out my pants in the sun and was grateful for the warmth.



2021 03-26, PODCAST #4900 BOUNDARY MARKERS - We have a lot of property lines on the land that are marked in various ways from paint on trees to iron pipes at corners to stone piles. People also have personal boundary markers that others do not always recognize.



2021 03-27, 4901 - WHEN YOU FOCUS ON HEARTS, IT'S AMAZING WHERE YOU FIND THEM

- I am always on the lookout for hearts, whether in Nature or anywhere else. When I saw a heart- shaped mud puddle I smiled and knew that it was a sign from beyond.



2021 03-28, 4902 - THE RUSH OF SPRING - The little brook outside my window is filled to the brim with water from the melting snow as it rushes on to the rivers and lakes and finally the ocean, Covid winter.



2021 03-29, 4903 - SPRINGING UP - The signs of spring are everywhere, and the daffodils are peeking up through the ground. It won't be long before the landscape will be colored by their yellow blooms. This year I find that spring has a very special meaning of hope.



2021 03-30, 4904 - CLUES FROM THE PAST - From time to time, when we explore the Reflection Center land, we discover clues from the past. Recently I discovered a large pine tree growing around two strands of barb wire. There was a pasture here in the early 1800s. Our souls also give us clues of our past.



2021 03-31, 4905 - THE FIRST FLOWERS OF SPRING - I was recently greeted by a tiny splash of sunshine from the yellow crocus flowers that survived the winter to bloom another year. I so look forward to the first flowers of spring and know that other varieties will provide inspiration all summer long.



2021 04-01, 4906 - THE COLOR OF PURPLE - Over the years I have learned that the color purple has special meaning to a lot of people. Some consider it a healing color and others think of it as spiritual. When the purple crocus bloomed, I was reminded it represented the healing energy that Nature gives us.



2021 04-02, 4907 - A TINY HEART IN THE LUPINE FIELD - Now that most of the snow has melted on the Lupine Field, we cleaned the rest of the bird houses, and as I was inspecting the land, I came upon a section that was just ledge; in the middle, was a tiny heart. Nature blessed the land.



2021 04-03, 4908 - A DIFFERENT WAY TO LOOK AT THE WORLD - Recently my daughter gave me a glass ball used by photographers to capture a different image of their subject. Through the ball the image appears round and upside down. Each person sees the world differently; that may help my view change.



2021 04-04, 4909 - EASTER LILIES - Today I celebrate Easter as well as the resurrection of spring. We have an Easter lily blooming on a table on the balcony of the great room. It is like bringing Nature inside while observing it through a picture window. Sometimes we look to the outside to see our insides.



2021 04-05, 4910 - PUSSY WILLOWS - The other day I spent a little time with some of my favorite spring treats, pussy willows. Their fuzzy blooms almost cause me to try and pat them like a kitten, but instead, I focused on their details. Often we miss the little details in life that are so important.



2021 04-06, 4911 - A PERFECT END TO A MELLOW DAY - The other day, I took a few minutes at the end of a mellow day to gaze at the outline of the mountains in the setting sun across the valley. Taking time to be grateful is good for the soul.



2021 04-07, 4912 - WAYS TO BRIGHTEN UP THE SPRING - We are still in the brown period of spring, before the daffodils bloom and the leaves on the trees pop out. It is a time to appreciate the indoor colors like lilies and potted mums. It is also a great time to let your inner light brighten the world.



2021 04-08, 4913 - IMPATIENTLY WAITING - As a child I impatiently waited for special days, and I still find that a part of me impatiently waits for the daffodils to bloom and the leaves to open, as I impatiently waiting for the pandemic to lessen its grip on our lives. Soon!!!



2021 04-09, 4914 - SKY MOODS - This time of year, before the leaves block my window view of the sunsets and sunrises, I attempt to be aware of the moods of the sky, from peaceful to bright colors, to sunsets with dark and light contrasting colors. No moment is the same, we often miss them.



2021 04-10, 4915 - A SPECIAL VISITOR - For two days in a row we have had a very special feathered visitor eating birdseed on a feeder and on the ground among the sprouting day lilies. It is a male cardinal, a rarity for us. We consider it to be a special sign from Nature and our angels that we are on the right path.



2021 04-11, 4916 - SPECIAL DELIVERY - We have a mailbox outside the Cabin, set there a few years ago as a joke because there is no mail service on the old road. The other day, the flag on the box was up, and inside were two hearts, carefully placed, one made out of birch bark. We enjoy sharing our love for the land with others.



2021 04-12, 4917 - WORTH THE WAIT - Finally, I was greeted by a large cheery yellow bouquet of daffodils. It seems as if I have been waiting for weeks, and now I know spring is really happening. It is a wonderful feeling this year, far different from last year. I am discovering life again.



2021 04-13, 4918 - MAYFLOWERS - Now that the daffodils have opened, I am happy to discover mayflowers in bloom. There is something very special about their delicate smell that causes me to pause and take a deep breath from a bouquet of them my wife places by the kitchen window. We all need to pause for a moment.



2021 04-14, 4919 - NESTLED IN THE LEAVES - Before the trees develop new leaves, the old ones lying on the ground captured my attention and on a walk recently there, nestled in the leaves, was a tiny heart. I smiled, felt loved, and took a photo to share. I am always grateful for hearts.



2021 04-15, 4920 - THE FORSYTHIA ARE GLOWING - Spring is now in its golden glow period with the forsythia joining the daffodils to brighten the landscape. Although that show only lasts a couple of weeks, you have an inner glow that shines even brighter and lasts all year long.



2021 04-16, 4921 - THE LUPINES ARE GROWING - It seems as though every day now, there is something new and exciting to report as spring continues its march towards summer. Recently I checked on the Lupine Field and saw tiny lupine plants growing. In a month or so, we will celebrate their blooms.



2021 04-17, 4922 - APRIL IS STILL FOOLING AROUND - Just when the daffodils and forsythias are coming into full bloom, April plays the fool again, pelting the landscape with a fresh coat of snow. I know and am grateful for the moisture which is really needed, but the plants may not recover. It's just life.



2021 04-18, 4923 - NOT THE LILAC BLOSSOMS I EXPECTED - I stopped to check on a lilac bush in the middle of a recent snow storm. I had been watching the buds grow, anticipating the fragrant blossoms in May. What I saw were tiny snow balls in place of the flowers. Not what I expected, but still, a beautiful sight.



2021 04-19, 4924 - CLOSE TRIM - It is the time of year when people usually begin to spruce up their landscapes. We trimmed the apple trees, on Marginal Way walk, I found a very close Forsythia trim, and my son-in-law, like many others, just got a close overdue covid trim.



2021 04-20, 4925 - GOOD FOR THE LUNGS & GOOD FOR THE SOUL - There is nothing like a walk along the shore of the ocean with a fresh wind bringing the salty smell of the sea, cleansing our lungs and our soul, taking us back in time to memories we may not have known in our conscious minds.



2021 04-21, 4926 - SALVAGING THE DAFFODILS AFTER THE SNOW STORM - It seems every year, just after the daffodils bloom, a spring snow storm knocks them down. This year my wife salvaged the blossoms and created a beautiful bouquet that we can admire. There are a lot of things in life we can salvage.



2021 04-22, 4927 - POLLEN SEASON - Pollen season is taking place. My nose knows it, and before long the ponds will have a green film on their surfaces, and the air will be saturated with dust from pines and junipers and many other trees. In time, this season will move on to the next season of life.



2021 04-23, 4928 - TWISTS AND TURNS - Looking out the window by my desk, I see the little brook twisting and turning down the mountain. I see a large oak tree with limbs all twisted as it has been shaped by Nature into an intricate design. I think of life with all its twists and turns.



2021 04-24, 4929 - TREASURE HUNTING - I have been interested in treasure hunting since I was a kid and my father told me that he had buried a chest on the mountain when he was young, across from where he lived. I never did find it, but ever since, I look for items and people that I consider treasures, like an old ice chest.



2021 04-25, 4930 - FILLING IN THE BLANK SPOTS - Last year we built a stone wall around the remnants of a flower garden and planted a few bulbs that recently produced flowers. Our goal now is to begin to fill in the blank spots with other flowers. We do the same in life.



2021 04-26, 4931 - THE WOODS CAN BE A SCARY PLACE - The woods can be a scary place to people who fear encounters with wild animals or getting lost or the unknown. If we run from fear, we may never understand what we are afraid of. If we study it, we may find there is nothing to fear.



2021 04-27, 4932 - SPRING IS PROGRESSING SLOWLY - Maybe I'm a little impatient that spring has not arrived as fast as I would like. The land is still wet and the leaves have not opened fully. Still, there is a lot of beauty to take in every day as our lives move forward at the right pace.



2021 04-28, 4933 - FINDING PEACE WITH THE DAFFODILS - Last fall we planted about a hundred daffodil bulbs in various places, including a healthy amount in the Peace Garden with the hope of early color in the spring. The color is here now and the beautiful flowers help create a peaceful spot to reflect and regroup.



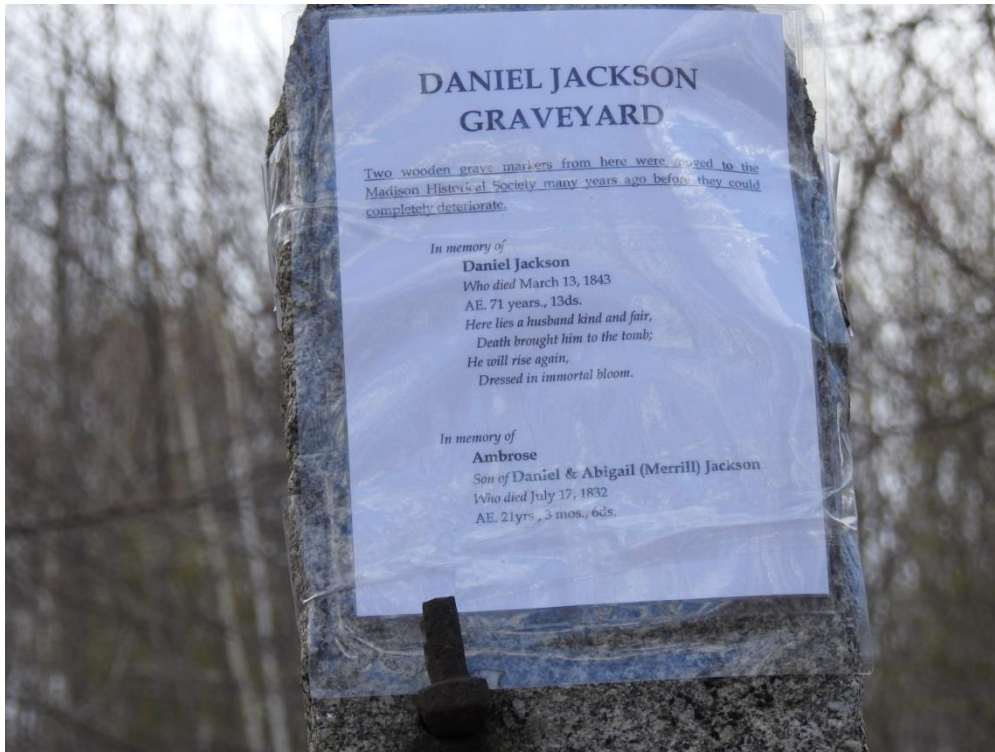
2021 04-29, 4934 - BUDDED - All our pruning on the apple trees a month ago seems to be encouraging growth so far. All of them are budded and the next step will be to see if they blossom. Spring is a wonderful time to encourage our own growth as the ideas of the winter are now budded and ready to blossom.



2021 04-30, 4935 - BIRD WATCHING - I love to watch the birds come and go to our feeders all year long, and in the spring I like to see what variety is raising their young in the bird houses in the Lupine Field. Recently I sat on the Memory Bench and watched a pair of swallows and a bluebird each staking out their spot.



2021 05-01, 4936 - HONORING THE JACKSONS - In the early 1800s, the Daniel Jackson family settled the land on the back side of our mountain, and we pass by the family graveyard on the way to the cabin. To honor the family we are slowly restoring the site that has fallen into disrepair over the years.



2021 05-02, 4937 - READY FOR A FLAG - The old pine tree growing on top of the mountain just above the Lupine Field has lost most of its limbs to the weather over the years. When I stand under it, I can imagine it as a flag pole waiting for a flag. In the meantime it stands tall as it watches over the landscape.



2021 05-03, 4938 - MAPLE FLOWERS - The maples are in full bloom. The leaves will appear as the seeds for future trees drop to the ground. The flowers may not be as brilliant as the fruit trees, but they help brighten the lives that take the time to notice.



2021 05-04, 4939 - IS ANYONE MISSING A SHOE? - You never know what you might discover when walking the trails on the Mountain, including dog toys such as tennis balls, stuffed toys, bones from the butchers, or even shoes. The views and birds and animals are also different each time as well as your own inspirations.



2021 05-05, 4940 - AN ENCOUNTER ON THE TRAIL - After spending a couple of hours on trail maintenance, we slowly drove down the Mountain in our side-by-side when a large bird flew in front of us, landing on a limb over the trail. It was a barred owl. You never know what you might encounter next in Nature.



2021 05-06, 4941 - READY FOR A PICNIC - The antique metal lawn furniture has been taken out of the storage shed and is now in place behind the cabin waiting for a picnic. It is one of our favorite summer activities on a warm evening looking out at the Orchard feeling the incredible energy of Nature.



2021 05-07, 4942 - PRIMROSES - This past week the tiny primroses have brought their bright smiles to the landscape. I may transplant some to the Cabin's and Center's gardens to share with people passing by. Primroses remind me of people who share their smiles and positive energy.



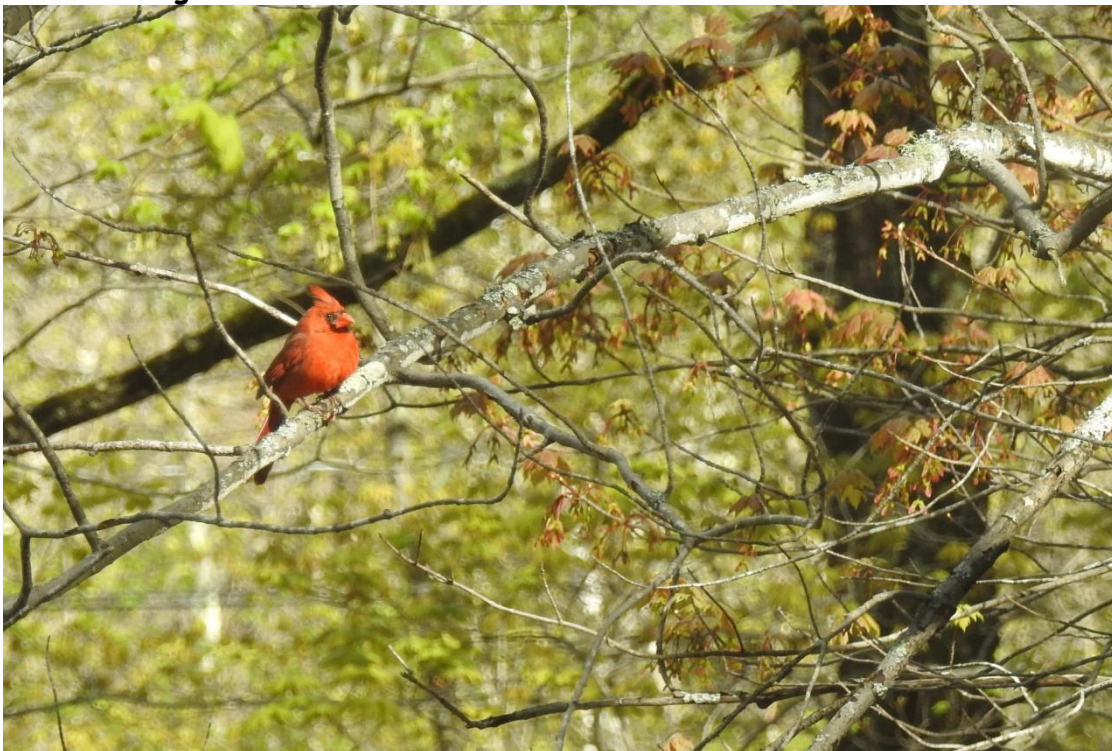
2021 05-08, 4943 - A PEAR TREE IN BLOOM - Our old pear tree is in full bloom. We do not get much edible fruit, but it sure helps us celebrate spring. This year spring is very special as we all find out what it is like to grow in the world again.



2021 05-09, 4944 - SO MUCH FOR THAT TREE - I often get a glimpse of them as they fly from tree to tree, after they have given a warning sound by rubbing their legs together, but I seldom catch them long enough to get a good picture. I did capture this one tearing apart an old birch tree. How do they know where the bugs are?



2021 05-10, 4945 - IT IS A CARDINAL YEAR - We have often admired cardinals, but they seldom visited our feeders until this year when it seems a pair has taken up residency somewhere near enough so they visit in the early morning or evening. It is a wonderful gift from Nature that warms our hearts with gratitude.



2021 05-11, 4946 - EVEN THE ANT HILLS ARE WATCHING - When one is alone in Nature, it is not uncommon to feel not alone, that something is watching them. That can be fearful for many unfamiliar with the positive aspects of Nature. I was reminded of this by an ant hill that looked like it had eyes.



2021 05-12, 4947 - CREATING A NEW PATH - Recently, while cleaning up the winter debris in the Enchanted Pathway, my wife decided it was time for a new path. With love she carefully created a little walk that we outlined in red sawdust. Now it is ready for children of all ages.



2021 05-13, 4948 - MOUNTAIN ASH, A SPECIAL TREAT - At the bottom of the Lupine Field I spotted a small tree full of yellowish white flowers. It stood out, and I wondered what it was and how it got there. It is a special treat I believe to be Mountain Ash. Nature always has a surprise for me.



2021 05-14, 4949 - A HEART NEAR THE WOOD PILE - The other day I noticed a rock shaped heart in the ground close to the wood pile in the back of the Cabin. I love finding heart signs that seem to appear at just the right time to inspire my heart to feel gratitude and unconditional love.



2021 05-15, 4950 - STILL WHITE - It is the middle of May and the top of Mount Washington is still covered with snow. Looking at it from the top of the Lupine Field, it stands high above the greening valley. From here, the whole Cosmos feels alive with the energy of all that is.



2021 05-16, 4951 - TINY BLUET BEAUTIES - A few years ago, as an afterthought while transplanting some plants to the Center, I grabbed a shovel full of some tiny flowers. Now we have several patches, and they are spreading each year with beautiful blue and white blossoms. I'm glad I listened to my inner guidance.



2021 05-17, 4952 - WAITING FOR COMPANY - A few years ago, on a trip to Pennsylvania, we purchased a little girl statue for the Fairy Pathway. Now she waits patiently in front of the gazebo for children of all ages to discover the magic along the pathway.



2021 05-18, 4953 - ONE OF MY FAVORITE SMELLS - Finally, the lilacs have started to bloom. I have been waiting all year for their sweet delicate aroma. As I do not reproduce smell memories in my mind, my experiences with the lilacs relies on in the moment encounters, and that I intend to do while they bloom.



2021 05-19, 4954 - NOT FORGOTTEN - The forget-me-nots are anticipated each spring as the plants have spread rapidly over a portion of the lawn creating a cascading sea of beauty. Each different flower throughout the season carries with it a cascade of memories relating to the plants. They are not forgotten.



2021 05-20, 4955 - TAKING OVER THE FROG POND - The little frog pond beside the Center has been taken over by beautiful flowering water plants. I wonder if our positive intentions and acts of love were to spread the same way that these plants have spread, what the difference in the world would be.



2021 05-21, 4956 - APPLYING THE LAW OF ATTRACTION - I witnessed Nature applying the law of attraction on our front law a couple of days ago when a lone male turkey strutted and issued calls to attract a female. Humans attract what they focus on whether they want it or not. Be careful.



2021 05-22, 4957 - LOADED - The old apple tree is loaded with blossoms this year. I pruned it and the others in the orchard earlier this spring with intention of giving them the opportunity to bear fruit. Sometimes people need to clear away their clutter to give themselves a chance to grow again.



2021 05-23, 4958 - WATCHING ME - I often feel that I am being watched as I wander about in Nature. Our game camera has captured pictures of animals I never see. Recently I became aware that I was being watched by swallows nesting in the orchard. I gave them a lot of space, something Nature gives people.



2021 05-24, 4959 - A SURPRISE IN THE FLOWER GARDEN - The previous owner of the Cabin dug up most of the plants in the flower garden when we took ownership. Recently I was trying to see if I could find any that might have been left when I spotted four lady slippers in bloom. Nature is approving us.



2021 05-25, 4960 - PACKED - In the winter we enjoy the bright lights from round globes we hang from our windows that brighten the dark nights. The beautiful globe-like blossoms, packed with tiny flowers on a bush at the center, seem to glow in the daylight, brightening up the environment.



2021 05-26, 4961 - GREETED BY A HEART IN THE SKY - After doing some cleanup chores on the Peace Garden and the Grace Trail at the Center, I noticed a heart-shaped cloud in the sky. I believe it was a sign from Nature that my efforts were noted and approved by a larger source.



2021 05-27, 4962 - ONE MORE SMELL - I waited all year for the lilacs to bloom, and a week and a half ago I got my first smell. As the week progressed the air outside of our house was filled with fragrance. Now as the blossoms are beginning to fade, I will hold the feeling of gratitude in my heart.



2021 05-28, 4963 - LITTLE LILIES - They arrive on the spring scene just about the same time as the lilacs. They are a small plant that spreads easily and they have a strong fragrance for their small size. They remind me of people who may not be flashy but have a lot of abilities that often go unnoticed.



2021 05-29, 4964 - READY FOR A WEDDING - The bridal wreath is in full bloom, ready for a wedding. It is an old fashioned shrub that may not be as popular as it once was. Still it is beautiful and a great backdrop for a wedding party. To me it symbolizes the beginning of the summer season.



2021 05-30, 4965 - IT WON'T BE LONG - The lupines are beginning to bloom. It won't be long before the field will have a wonderful display of beautiful wildflowers outlined by the mountains across the valley. Nature puts on such a wonderful show for us to see if we take a moment and appreciate.



2021 05-31, 4966 - A PLACE TO AVOID THE BUGS - We are in the middle of black fly season to be followed by mosquitos that will pursue us all the way through fall. To help us connect to the joy that Nature provides, we erected a screen house near the Cabin where we can view the world in peace.



2021 06-01, 4967 - GENTLE RAIN - A day or two of gentle rain has gone a long way to bring relief to the drought we have been experiencing. When it rains too hard the water just washes away rather than being absorbed by the ground. Gentle persistent positive communication often works well with others.



2021 06-02, 4968 - SAILOR'S DELIGHT - There is an old rhyme about the weather I learned as a child that ends with the words, "Sailor's delight", indicating a red sky at night would bring good weather the following day. That seems to be true, even though no two sunsets are exactly the same; each day changes.



2021 06-03, 4969 - YELLOW FLAG - The yellow flags are flying high in the little frog pond at the Center. It is easy to miss them as I generally do not pass by where they are located, but when I do, their brilliant yellow color jumps out at me and I pause for a moment as Nature takes my mind on a brief retreat.



2021 06-04, 4970 - BOOKENDS - Looking out the window I spotted a chipmunk perched on a small stone wall. It was nestled up to a small statue. One was facing one way and the other in the opposite direction. They looked like a pair of bookends. Nature had once more given me a reason to smile, brightening my day.



2021 06-05, 4971 - LUPINE IN BLOOM - The Lupine are in bloom. It is a yearly event I begin waiting for when the snow is still covering the mountain. Then I look for signs of new growth and finally the show has arrived. I am so grateful to be connected to this special place and share it with the world if only in pictures.



2021 06-06, 4972 - RHODIES - The rhododendron are in bloom at the Center. They bring a lot of bright color to the landscape and are a joy to see for the people that walk the land. The intention is that all that experience the performance will take the positive energy with them to share with others.



2021 06-07, 4973 - PURPLE COLUMBINE - There is one single purple columbine growing in the stonewall garden at the Center. It reminds me of the intricate designs Nature creates in plants and all living creatures, including people. Every one of use has a design that is different from any other.



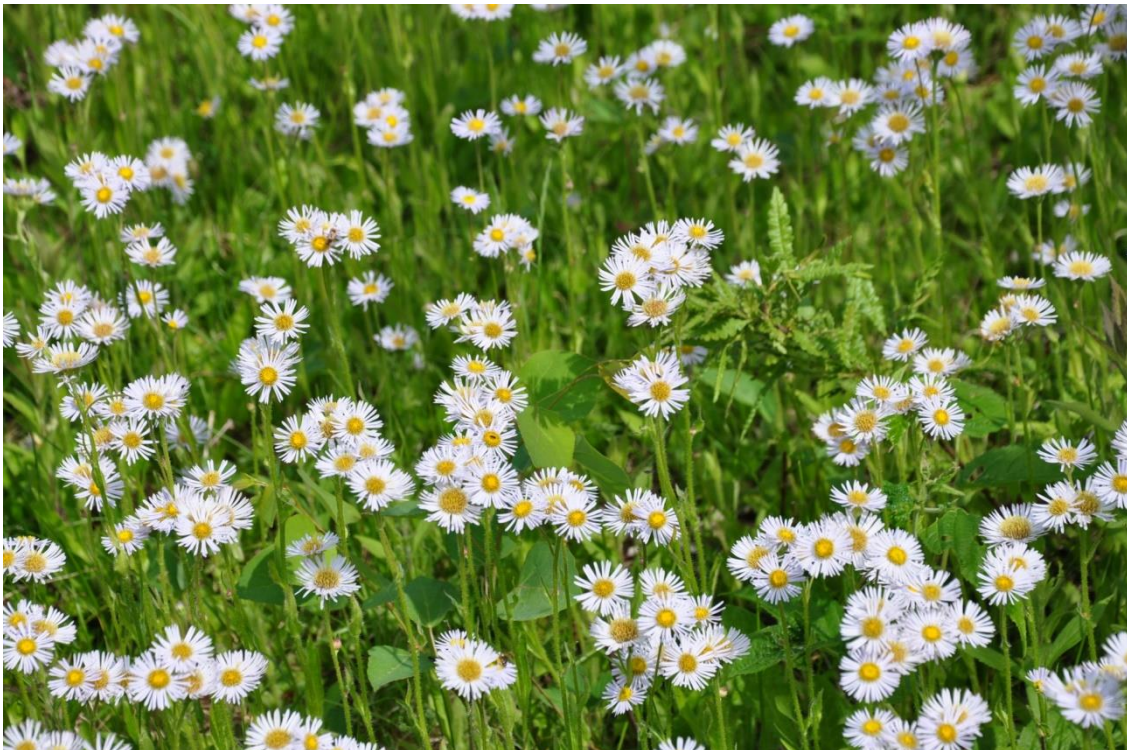
2021 06-08, 4974 - BLUE FLAG - The blue flags are now flying around the property as we continue to celebrate the arrival of warm weather as summer fast approaches. I am reminded of random acts of kindness people share with others. Nature is doing the same thing as she shares beautiful blue flags.



2021 06-09, 4975 - THE FIRST DAYLILIES OF THE SEASON - Lately I have been greeted each morning with the yellow blossoms of the first daylilies of the season. We transplanted those years ago from the Center where they were growing wild. They have the same freedom here.



2021 06-10, 4976 - NATURE'S WILD ASTER GARDEN - Nature has again given us a wild aster garden that surrounds one of the apple trees in the orchard. I pass by this beautiful blanket of flowers on my way to the Lupine Field. It should last into the fall, giving me reason to pause often and feel grateful.



2021 06-11, 4977 - SHAPED BY ITS ENVIRONMENT - I paused on a recent walk to photograph a mushroom that had grown close to a large rock. The rock made it impossible for the mushroom to mature with a round top. People are shaped by their environment, but at least they have the opportunity to reshape their minds.



2021 06-12, 4978 - LUPINE AT THEIR PEAK - The Lupine have been at their peak for a couple of days, and so, with our daughter, we visited them again. She took some beautiful pictures, kneeling down in the grass in a position my knee does not like. Her result was perfect, something people often have trouble finding.



2021 06-13, 4979 - A ROSE FOR JUNE - I am not the best at growing roses. I planted one in a semi-shaded spot several years ago and this year it has beautiful red flowers. I am reminded of people that suddenly allow their talents to bloom after several years of being dormant.



2021 06-14, 4980 - THE WILD LAWN - This year our lawn mowing person retired after many years, so we got a riding lawn mower. I am not as thorough a mower and am discovering wildflowers growing where the grass used to be cut. I am taking pleasure in finding unexpected beauty.



2021 06-15, 4981 - DIGGING DEEP - When I walk the trails, I see old stumps that have been toppled over by animals searching for food and deep holes dug into trees by woodpeckers, I am reminded that sometimes we need to dig a little deeper in life to find nourishment for our souls.



2021 06-16, 4982 - THE QUEEN HAS ARRIVED - I am surrounded by royalty. Now Queen Anne is holding court with her delicate white flowers bouncing in the wind. Nature doesn't care about our social standings. She welcomes one and all that come to admire her. Everyone is royalty to her.



2021 06-17, 4983 - IN THE FOOTSTEPS OF COLE AND CHAMPNEY - I recently had the pleasure of introducing a gifted artist friend to the Lupine Field. She spent the day painting the landscape, and I thought back to nearly two hundred years ago when Thomas Cole painted the great wilderness. It continues.



2021 06-18, 4984 - REDISCOVERING AN OLD FASHIONED SUMMER - I am sort of rediscovering what my summers used to be before the pandemic. I love to see the wildflowers growing beside the stone walls and the red rose that is loaded with blooms. It is a time to rediscover life again.



2021 06-19, 4985 - FROM THE BACK OF A PARADE MAGAZINE - Over fifty years ago my parents bought us a package of flowering shrubs from an ad on the back of a Parade Magazine. Three or so still survive, including a single mock orange that keeps spreading. Imagine our positive actions over time.



2021 06-20, 4986 - DOUBLE THE PLEASURE - Besides a single mock orange we still have a double mock orange planted over fifty years ago. Its small blossoms are fuller than the single. I still get great pleasure from this old shrub and I think of how many people that visit old flower gardens still enjoy their beauty.



2021 06-21, 4987 - FOXGLOVE DISPLAY - I had been keeping an eye out for foxgloves, had not seen any until I discovered one behind a lilac bush, and then as I was preparing to dump some brush, I discovered a foxglove display just out of sight. Nature always has a treat for us if we stay aware.



2021 06-22, 4988 - DAISIES - I am reminded of the old song, "A Daisy a Day", each time I encounter this simple white flower with a golden center. To me, daisies are old fashioned and bring my thoughts back to my childhood and what I call an old fashioned summer. I just update them into my life now.



2021 06-23, 4989 - ANOTHER SPOT TO REFLECT - There are many spots on the Center's land that provide the visitor a place to pause and reflect. It might be near a little garden like Barbara's Garden, in the woods, or at the top of the Lupine Field. One does not need to visit the land to pause and reflect when one is aware.



2021 06-24, 4990 - IN THE BACK OF THE TRUCK - In the back of the truck, a place where I wasn't expecting it, a tiny stone heart appeared. I knew that it was there to show me I was being guided and on the right track. If we believe in the unbelievable we are, indeed, believing.



2021 06-25, 4991 - SWEET TREATS - Nature has many sweet treats waiting for me to sample all throughout the year. Now it is wild strawberries nestled in the grass. I used to spend time on my hands and knees gathering them. Now, I just take a sample and leave the rest for the wildlife. Sweet treats don't have to be eaten.



2021 06-26, 4992 - RESTING IN THE GRASS - My eyes caught a flash of movement in the grass. I investigated and found a green moth flapping its wings. I took time to capture a photo of this beautiful creature and thought of other things I could have missed.



2021 06-27, 4993 - REDISCOVERING A PINK ROSE - I could see a pink blossom from the window that looks out on a neglected flower garden. It was a pink rose my sister gave me years ago. I will clear away the growth around it and maybe transplant it to a better place.



2021 06-28, 4994 - VISITING THE PAST - Recently on a short trip to the coast of Maine, we visited places that my wife used to visit over sixty years ago, including the lighthouse on Pemaquid Point. It was great to visit old places that were being kept up and improved for the future.



2021 06-29, 4995 - NATURE UNDER ATTACK - It has been a year of attacks, not only from the pandemic, but from the gypsy moths that are currently defoliating part of the valley as I saw firsthand from the Lupine Field. Nature has taught us to be resilient and I am counting on Nature's come back late summer.



2021 06-30, 4996 - READY FOR THE BUTTERFLIES - The milkweed is in bloom with its tiny pink flowers ready for the butterflies that flit around the orchard and Lupine Field. I do not mow in these areas until fall. The butterflies, to me, signal that the coming days will be full of appreciation for life and Nature.



2021 07-01, 4997 - A VERY SPECIAL BRIDGE - There is a special bridge that connects Bailey and Orrs Islands in Maine known as the Cribstone Bridge. It is Man and Nature working together to strike a balance.



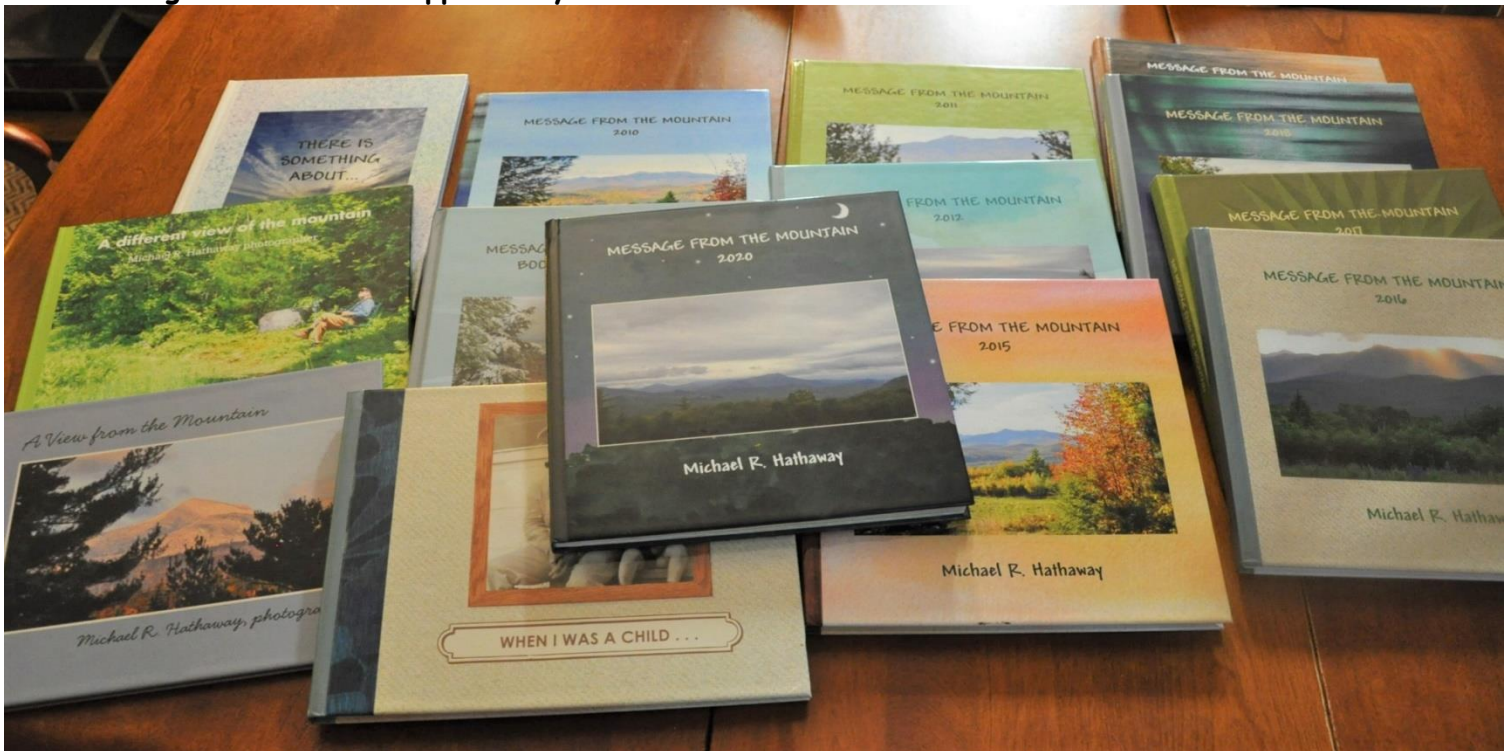
2021 07-02, 4998 - WILD SUNSHINE - Now that the Lupine show is over, the field is filled with yellow flowers, like the brown-eyed Susans and, soon to bloom, golden rod as well as another that is a golden flower with a yellow center. Each year these wildflowers spread, reminding me of people that sow kindness.



2021 07-03, 4999 - BUILDING BLOCKS - I stood in front of the Cribstone Bridge and took a picture of the massive foundation of granite building blocks that have held together for a hundred years. I thought of people that have a solid foundation held together by their positive beliefs and intentions.



2021 07-04, 5000 - PODCAST 5000 - Today is the 5000th MESSAGE FROM THE MOUNTAIN! It began nearly fifteen years ago when the Mountain began sending positive messages to me as I walked the land. Now I wander with a camera looking for the next connection between Nature and Life. I am grateful for the opportunity.



2021 07-05, 5001 - FULL LOAD - I watched a lobster boat motor out to sea carrying a full load of traps. It appeared from shore as if a wave could easily wash over its deck. I thought of how we constantly test Nature and how we ourselves often go through life overloaded. It pays to know our own vessel.



2021 07-06, 5002 - THERE IS SOMETHING ABOUT OCEAN AIR AND FLOWERS - I have noticed over the years that flowers on the coast seem to be bigger and very fragrant. I love to see roses in that environment and I wonder about people living in environments where they flourish. For me, there is something about the mountains.



2021 07-07, 5003 - WOOD LILIES - A friend sent me a photo of some wild lilies growing in the Lupine Field. We went to investigate and sure enough, a splash of red greeted me as I spied the wood lilies growing with a backdrop of beautiful mountains. I was grateful this beautiful flower had chosen this place to bloom.



2021 07-08, 5004 - SETTLING IN - The hydrangeas I transplanted about six years ago at the Center are finally settling in and now produce several white blossoms. It often takes a while for shrubs to adapt to their new environment. It sometimes takes people a while for a change to settle into their unconscious mind.



2021 07-09, 5005 - A VERY SPECIAL WILD ROSE - I had been watching and hoping I would see it again this year. With the drought I wasn't sure it would be back, but then I saw two tiny pink blossoms. That rose has bloomed there yearly since my wife's father passed over twenty years ago. It is a special rose.



2021 07-10, 5006 - A DELICATE ASTILBE - There is a flower in the gardens at the Center that appears to be very delicate and yet it is hardy. I am reminded when I see it of random acts of kindness that may not be flashy, but at the same time are hardy and just may take root, leading to other simple kindness acts.



2021 07-11, 5007 - FENCE JUMPERS - I have several plants and shrubs on the property that I call fence jumpers. They do not always stay where I plant them. One such shrub is the pink spirea. A few years ago I dug some up from over the stone wall where they had moved. People can be fence jumpers, never happy where they are.



2021 07-12, 5008 - WILD RASPBERRY BLOSSOMS - This time of year I sometimes find pink wild raspberry blossoms in places I would not expect to see them. From its shape there is no clue as to what the fruit will look like. To me, they are unique and beautiful as are many discoveries that life provides for us.



2021 07-13, 5009 - A PEACH OF A LILY - There is a special peach colored lily in a garden at the Center. I love its color and I am reminded that peaches are considered a special fruit. Both peaches and this lily also remind me of special people. Wherever we go we are always reminded of people we have encountered.



2021 07-14, 5010 - SHARING A BOUQUET - We were recently given a beautiful bouquet of blue hydrangea blossoms by our neighbor with a gifted green thumb. It reminded me that when I share a photo, I consider it a bouquet of Nature. Any time we do random acts of kindness we are sharing a bouquet of love.



2021 07-15, 5011 - HEART TO HEART - Every time I find and photograph a heart in Nature, I feel as if I am sharing a positive message of love and gratitude from Nature that is being delivered to the hearts of those that tune into the podcast. I am just in between, experiencing this incredible flow of energy.



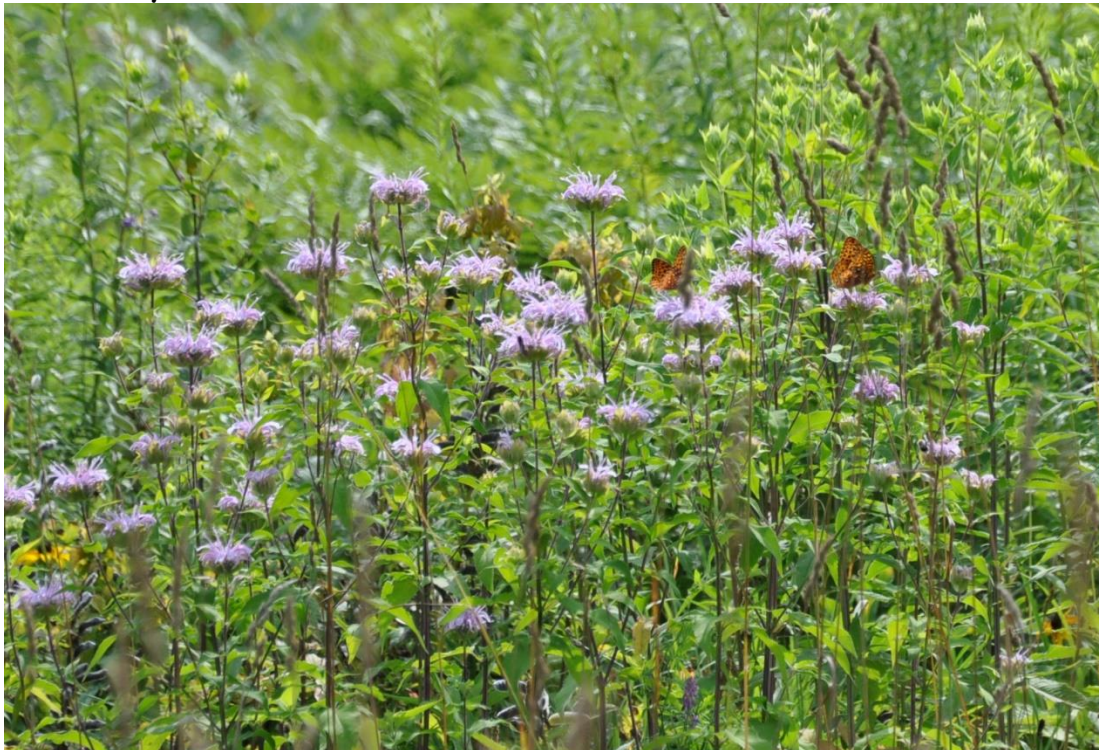
2021 07-16, 5012 - BLUEBERRY SEASON - They may be a little early this year because of the recent drought, but now with the much appreciated rain, blueberry season has arrived. It is also the season to re-connect to an old fashioned summer full of warmth and love and the hugs we have longed for.



2021 07-17, 5013 - A LILY OF A SUMMER - Day lilies themselves do not last a long time, but with enough different varieties they can be appreciated all summer long. I smile every time I pass by one of their blooms. It truly is an old fashioned summer to me.



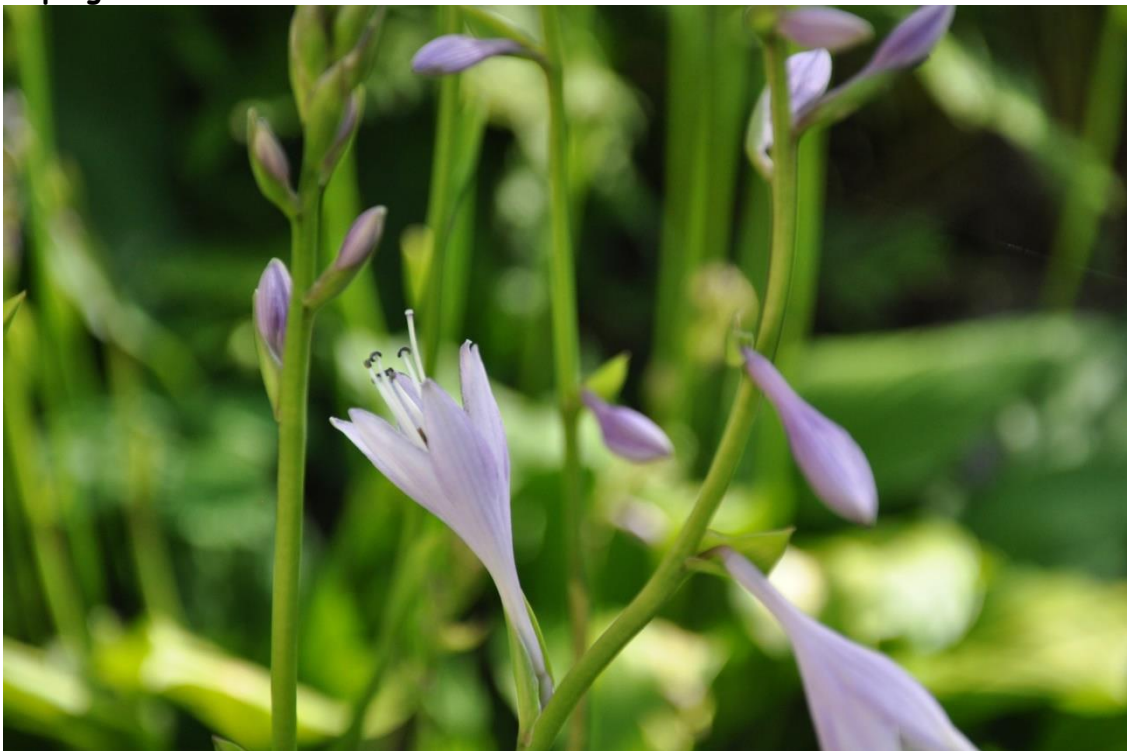
2021 07-18, 5014 - FEEDING THE BUTTERFLIES - I paused while I was traversing the lower part of the Lupine Field to observe the butterflies feasting on the ragged robin that are now in bloom. Nature not only feeds the butterflies but also the souls of all those that visit her.



2021 07-19, 5015 - FUZZY SUMAC - The sumac are now in bloom with their long, fuzzy looking blossoms. It is a very invasive plant, popping up in places where the soil is raw as it spreads rapidly. It has brilliant red leaves and fruit in the fall. There are all kinds of people from "fuzzy" to "rough" making up the landscape of life.



2021 07-20, 5016 - HOSTA FLOWERS - The hosta plant produces large green leaves and one would expect to see large flowers. The reality is that their flowers are very small, and, although beautiful, may not live up to expectations. There are people who promise big things that seem to fade as time progresses.



2021 07-21, 5017 - ALIVE AGAIN - The little brook has come alive again with water flowing down the mountain. It was bone dry just a few weeks ago and with the summer rains it now brings nourishment to the soil as it passes by. People are beginning to feel alive again as they rediscover life after the pandemic.



2021 07-22, 5018 - DOUBLE THE PLEASURE - The double orange day lilies have begun to bloom. They are not as common as the single orange ones that dot the roadways, often remaining long after the people that planted them have moved on. This year these lilies are a welcome reminder of a normal summer.



2021 07-23, 5019 - ANOTHER OF NATURE'S ARTISTIC CREATIONS - I am still constantly amazed with the ability Nature has to create such artistic offerings. She colors the blossoms of day lilies or arranges the feathers on the birds, or the fur on an animal. She gives us permission to tap into our own creativity.



2021 07-24, 5020 - PHLOX SEASON - I have found that I have developed the habit of breaking the year down into many different seasons. Also it is done by celebrating holidays with lights and outdoor decorations. In the summer the flowers decorate their own seasons, such as the phlox season.



2021 07-25, 5021 - MUSHROOMS ARE SPRINGING UP EVERYWHERE - The recent rain has moistened the soil, allowing the mushrooms spores to grow and spring up everywhere in many sizes and shapes. I would be afraid to eat any as I am not knowledgeable about them. I think of people we do not know that we are afraid of.



2021 07-26, 5022 - A LATE JULY DAY ON THE MOUNTAIN - I walked from the cabin in the warm afternoon sun to the top of the Lupine Field where the Mount Washington cooling wind chased away the mosquitos. It was perfect and I sat for a while on the bench realizing that every visit here is always perfect no matter what the season.



2021 07-27, 5023 - A BEE AND A BUTTERFLY - I recently took a photo of a bee and a butterfly looking for nectar on the same flowers. I found the combination interesting and thought about the thousands of photos I have taken over the years looking for combinations. Life itself is filled with combinations.



2021 07-28, 5024 - BOLD AND BRASSY BEEBALM - There are flowers that make bold and brassy statements with their blossoms such as beebalm and others that stay in the background. People can remind us of flowers. Some are bold and brassy while others are happier staying in the background of life.



2021 07-29, 5025 - CAUSE AND EFFECT - The recent western forest fires have caused the eastern part of the country's air to filled with a smoky, smelly haze. I think of the times Nature has reshaped the earth and how people are now contributing to the warming of the atmosphere. We can change our part.



2021 07-30, 5026 - AN ASTER BOUQUET - There is a small patch of asters in the Lupine Field in a place where the soil is thin, barely covering the granite ledge underneath. Its positive presence reminds me of groups of people drawn together to let their spiritual lights shine in places it is needed.



2021 07-31, 5027 - MID-SUMMER CLEARANCE - Our mid-summer clearance is not a sale. It is going over the hiking trails to clear away the obstructions that have occurred over the last few months. Then again, a lot of people are clearing away obstructions in their lives following what their hearts are telling them.



2021 08-01, 5028 - A SMALL YELLOW BEAUTY - I recently discovered a couple of small beautiful yellow wildflowers at the top of the Lupine field that could have easily been overlooked. They reminded me of how easy it is to overlook the incredible abilities that a lot of gifted people try to hide.



2021 08-02, 5029 - WATCHING THE SKY - I spend a lot of my life watching the sky. Often it is for the weather, but when I am on the mountain, I like to pause and sit on a bench at the top of the Lupine Field and look for guidance in the clouds that float by. In this place the clouds inspire my positive thoughts.



2021 08-03, 5030 - NATURE'S FLOWER GARDENS - With all the rain this summer, Nature has produced some beautiful wildflower gardens like the one that is now blooming in the Lupine Field. I love to see the combinations that seem to change daily. I also enjoy observing people and watching them bloom.



2021 08-04, 5031 - THE CUTTING EDGE - When I think of the cutting edge, it is usually related to some sort of new technology. My cutting edge this summer is riding a new lawn tractor. Actually, cutting grass gives me the opportunity to let my mind drift off into the cutting edge of my mind.



2021 08-05, 5032 - GRAZING - The wildlife, especially the deer, love to graze on the tender shoots of new growth. Over time as these shoots grow they become less desirable and the wildlife move on to new growth. People often graze through life, not only in food, but trying different philosophies.



2021 08-06, 5033 - GONE TO SEED - Most of the lupine have gone to seed. The once beautiful blooms are replaced with unattractive pods that carry the hope for future generations of the plant. Older people are of thought of as going to seed, their productive years over, but their wisdom can benefit future generations.



2021 08-07, 5034 - PRETTY LITTLE PINK SURPRISE - There is a patch of pretty little pink flowers on tall stems growing on both sides of the stone wall property line with our neighbors that has been a beautiful surprise this summer. When we take the time to notice, there are a lot of beautiful surprises in life.



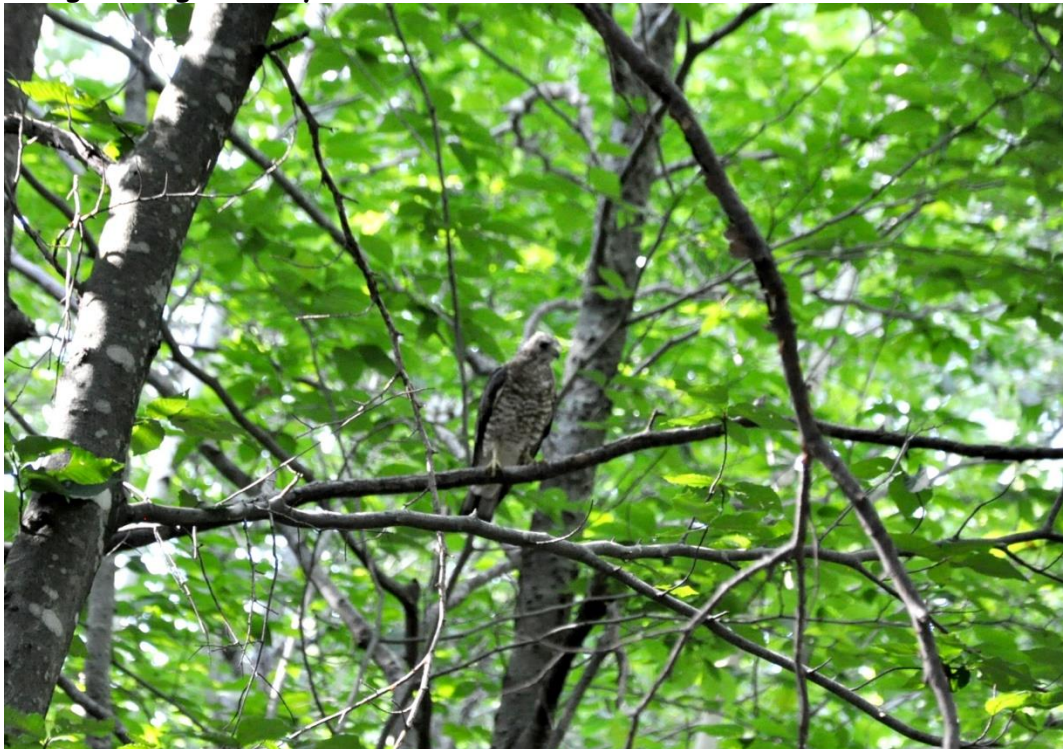
2021 08-08, 5035 - ANOTHER OF NATURE'S WILDFLOWER GROUPINGS - As the search for an old fashioned summer filled with flowers continues, I feel so blessed to enjoy Nature's artistic arrangements. It is good for my internal nature, filling my heart with gratitude. Nature is not only around me but inside me.



2021 08-09, 5036 - WOODPECKER ART - There is a maple tree outside our window close to the suet feeder. The woodpeckers use it to clean their beaks after eating. The result is a pecked tree with all kinds of little artistic renderings. People often look for outlets to clean their minds that create beautiful art.



2021 08-10, 5037 - LEADING THE WAY - For the past several years there has been a hawk that seems to wait for us when we drive the old road up to the Cabin. As we approach, it will fly a little ways ahead and wait for us to catch up, and then fly ahead again. To me, it is a sign that there is something leading the way.



2021 08-11, 5038 - GOLDEN FIELD - The goldenrod are now in bloom, creating a golden landscape across the Lupine Field, especially in the low light of the evening as the sun sinks below the mountain ranges to the west. Just being there manifests a golden feeling of gratitude that warms my heart long after the sun has set.



2021 08-12, 5039 - SOLE SURVIVOR - I thought the last lilies of the summer were not going to grow this year. Most of the plants dried up and withered away with the drought in June. Then the other day, I discovered a survivor. People sometimes seem to wither away, only to be resurrected again.



2021 08-13, 5040 - A GOOD YEAR FOR MUSHROOMS - I didn't know in June, with the dry conditions, if we would get a lot of mushrooms this summer, but the conditions changed, and all of a sudden they are everywhere. We can always change the conditions in our mind to help grow positive actions.



2021 08-14, 5041 - THE QUEEN'S DISPLAY - Yarrow, also called Queen Ann's Lace, creates a beautiful display of floating white blossoms in mid to late August on the edge of the Lupine Field. It is a place where the sounds of the valley drift away as we become one with the energy of the Cosmos.



2021 08-15, 5042- A SUNSET SHOW - Each time I looked out the window at the sunset, it appeared more breath-taking then the last time. Each day Nature puts on a show for those that are aware to attend and marvel at the beauty they are seeing. Life itself is a show filled with beautiful events to appreciate.



2021 08-16, 5043 - DESIGNED BY NATURE - I paused for a few moments to appreciate the unique design that Nature had created on a mushroom that looked like a pinwheel ready to spin, creating a hypnotic trance. I thought about the design of life itself and how our earth journey has been put together.



2021 08-17, 5044 - A MID-AUGUST AFTERNOON - It seems as if I have done a lot of mid-afternoon reflections from the mountain this summer, but Nature has provided such a beautiful place to just pause, reflect, and communicate with the Source that overlooks the whole planet and beyond.



2021 08-18, 5045 - THE WORK OF A HUNGRY BEAR - I have noticed several old rotting stumps that have been torn apart this summer by hungry bears looking for a meal of ants. Just as the bears are searching for nourishment, so too are people searching for spiritual nourishment as they rearrange their lives.



2021 08-19, 5046 - PINK CLOVER - One of the conditions of receiving funding to create the Lupine Field was to include clover in the planting. It provides a nutritious food for the wildlife that visit the area. We are all like the field. We receive information from the Cosmos and from others that may fit our field or not.



2021 08-20, 5047 - HINTS OF A STORM ON THE WAY - The sky was filled with a layer of dark clouds signaling that there could be a storm on the way, and the weather forecast confirmed it. Inside of each one of us is a knowing, when we are tune in with it, that changes are coming.



2021 08-21, 5048 - IT IS ALMOST APPLE PICKING TIME - This spring we heavily pruned the apple trees in the orchard. They had become overgrown and didn't bear much fruit. Now we have a crop of small apples almost ready to harvest. People are doing the same thing as they prune their lives, listening to their hearts.



2021 08-22, 5049 - AN OPEN PORTAL - As I looked to the sky, a small opening in the clouds revealed the blue depth of the Cosmos above. In my mind I was free to journey through this portal to Beyond. I knew that each one of us is born with a portal inside that is available to connect us with all.



2021 08-23, 5050 - PUFF BALLS - One of my goals each day is to see the world filled with magic, through the eyes of a child. I think back to finding and stomping on puff balls and watch the "magic dust" from inside float into the air. I believe that we are all surrounded by magic and miracles if we believe in our hearts.



2021 08-24, 5051 - NOT A LOT OF HEAD ROOM - The sky's ceiling had lowered to cover up the mountains across the valley. It seemed as if there was not a lot of head room in a place where one could normally see for miles. I thought of people who were feeling closed in. Like the weather, the clouds of life will also lift.



2021 08-25, 5052 - HINTS OF FALL - Even though we have been experiencing tropical-like humid weather, Nature is giving us hints of fall. The swamp maples are turning, red and on the mountain the wildflowers and grass are going to seed. Life is also full of heart hints to lead us forward to new adventures.



2021 08-26, 5053 - LATE BLOOMER - Recently a splash of blue caught my eye as we traversed around the edge of the Lupine Field. It was a couple of lupine plants in full bloom towards the end of August. I smiled and thought of all the human late bloomers who are just now testing their wings to follow their heart.



2021 08-27, 5054 - A VISIT FROM A REAL LIFE FAIRY - We were recently visited by Jennifer Okubo, from Long Island, New York, someone I will call a real life fairy who goes about her life spreading love and healing through her touch, her painting and her writing. The Center is now the beneficiary of her work.



2021 08-28, 5055 - TWO FROGS OF DIFFERENT COLORS - On the edge of the meditation pond in the Peace Garden I saw two frogs soaking in the rays of the sun on a warm August afternoon. One was bright green and the other a very dark green. I thought of all sorts of people coming together to find peace.



2021 08-29, 5056 - WELL WORTH THE WAIT - Every year I wonder if the two hibiscus plants with their brilliant large red flowers will grow again. It seems as if it is July before they even indicate they are still alive. Then in August they bloom again. It is well worth the wait. Some people also bloom later in life.



2021 08-30, 5057 - CREATING A FRAME FOR NATURE'S ART - A lot of great art goes unnoticed because it does not have a frame to enhance its beauty. I like creating frames for Nature's art by opening up views. I also like to "frame" people's abilities.



2021 08-31, 5058 - FUSED TOGETHER - There was an ancient volcano in this area some millions of years ago that spewed its lava over the mountains fusing rocks and creating interesting formations that still exist. I think of people being fused together by common causes such as spreading love.



2021 09-01, 5059 - TIME TO HARVEST THE SEEDS - Now that summer is almost over, many of Nature's plants have gone to seed. That is true for the growth we have all experienced during the pandemic as our hearts have grown the seeds of change. Now is the time to plant those seeds for the future.



2021 09-02, 5060 - HIDING PLACES - I discovered a hole on the side of the trail hidden under a mossy bank. I wondered what animal had made it. I assume it was a place to hide from larger animals. People can create hiding places in their minds by reconnecting with a positive safe place in their memory.



2021 09-03, 5061 - BUCKING UP - It is time to cut up some wood that has been drying since last year. I thought of my old buck saw and made a bucking station I cut use to easily chunk the wood up. Buck up is an old term that means take responsibility. Now is the time to be responsible for setting positive intentions.



2021 09-04, 5062 - MAYBE THERE'S AN APPLE PIE IN THE FUTURE - We recently picked a bowl full of small, wormy apples from the trees that are left in the orchard. The goal is an apple pie. There may or may not be enough apples to make one, but if we hadn't picked the apples, we would not know for sure.



2021 09-05, 5063 - WHERE FAIRIES PLAY - There are many magical places on the mountain where fairies of all ages play: the Enchanted Pathway, the Peace Garden and the old stump at the edge of the Lupine Field. I wonder how many people pass by and never notice.



2021 09-06, 5064 - A SEPTEMBER EVENING - I visited the lupine field in the warm evening light of September and sat for a while on the bench admiring the peaceful landscape, my heart filled with gratitude for this special place that I often return to reflect and re-energize my mind, spirit, body and soul.



2021 09-07, 5065 - WOVEN CLOUDS - I have seen a lot of interesting formations in the clouds over the years, and the other day I spotted what appeared to be clouds weaving in and out with each other. I thought of how life is woven together by an invisible force. To see it, one needs to look for it.



2021 09-08, 5066 - PICTURE PERFECT - I took a photo the other day that looks picture perfect to me. Then I thought what picture perfect meant. I remember an early television show, The Nelsons, that was a picture perfect family, until one looked behind the scenes. It's not easy to really capture picture perfect.



2021 09-09, 5067 - RIDING THE WIND - I watched the wind pull the seed fibers from a plant in the Lupine field and then give them a ride to the place where Nature has chosen to plant them for the next growing season. I thought of our positive thoughts and actions that ride the winds of time for a future harvest.



2021 09-10, 5068 - GREEN ACORNS - The ground is becoming littered with green acorns as they drop from the oak trees. It doesn't take long for them to take root and begin to sprout tiny trees that, left unchecked, could become giant oaks in the future. Imagine all our positive actions doing the same.



2021 09-11, 5069 - CHECKERBERRIES - The other day when I was cutting some brush, I discovered a few tiny red berries I recognized as checkerberries that brought back fond memories from my youth when my mother would make me checkerberry tea. I may be older now, but I love to rediscover aspects of my youth.



2021 09-12, 5070 - A MOSSY FACE - I love to discover Nature's artistic creations and recently I discovered a mossy face looking back at me from the edge of the brook. I realize others might not see the same as I do and that is a part of the joy of looking at art. Life is full of interpretations.



2021 09-13, 5071 - A ROAD LESS TRAVELLED - Some roads and trails through Nature are travelled so much that the traffic breaks down the soil, while others are less travelled and easier to navigate. That is the type of path people are now looking to discover in Nature as they search for a different route in life.



2021 09-14, 5072 - CHANGES ARE COMING - Big changes in the seasons are coming. The leaves are leading the way as fall colors of reds and yellows are now dotting the landscape. Not only are the seasons changing, but people are making big changes in their lives, many of them listening to the messages in their hearts.



2021 09-15, 5073 - ALL TANGLED UP - The bark on the old dead tree had begun to unravel, sliding down the trunk and creating a big tangle. I thought about the times I had tangled strings and fishing lines in my life and the only to untangle them was to go slowly and be patient. That's also good for mind tangles.



2021 09-16, 5074 - GROUND BREAKING - The other day I witnessed the breaking ground of a new flower garden at the Center. One of my gifted students from the past, and now my teacher, spent a couple of days preparing the ground for a beautiful investment in the years to come for those that visit.



2021 09-17, 5075 - HALF FULL - I spent a little time recently working up some wood for the stove in the Cabin and now the outhouse storage is half full. That may be all we need for the winter or I may cut some more. I prefer to see the potential in life rather than a diminishing resource. Life is more than half full.



2021 09-18, 5076 - UNWELCOME INVADERS - There is a vine with pretty little pink flowers at the bottom of the Lupine Field which threatens to take over. I keep it from spreading by driving my SUV along the edge. We have invasive thoughts that try to take over, but we can step back and change the outcome.



2021 09-19, 5077 - OUT OF SEASON - I could hardly believe my eyes as I noticed some yellow flowers in the forsythia hedge. In the middle of September, there was a small section of forsythia in bloom way out of season. There seems to be a lot of life happening out of season this year or maybe it is the season of change.



2021 09-20, 5078 - AN AFTERNOON WATCHING THE LAKE - Recently we journeyed to Maine to spend an afternoon at our family's Lake House. I watched the sunny calm day change as a storm approached over the water bringing a brief shower. It was another connection with Nature and the Cosmos beyond.



2021 09-21, 5079 - A NEW PLACE TO GROW - This summer I discovered a few flowers growing at the edge of the parking lot at the Center where we add fill. I didn't put them there on purpose and decided to transplant them near the Cabin. People are looking for new places to grow the feelings in their heart.



2021 09-22, 5080 - AN INTERRUPTED MEAL - I recently found a partially eaten acorn on an old stump at the edge of the clearing. I wondered what had interrupted this meal. I think of when the goals we had set seemed to be going nowhere, perhaps, because there was a better route to travel looking for spiritual nourishment.



2021 09-23, 5081 - THE LAST RAYS OF SUMMER - We finished our picnic supper and watched the last rays of summer cast a warm light over a corner of the orchard. The world was still and peaceful, and I began to look forward to the beauty and activities of fall.



2021 09-24, 5082 - JUST ABOUT TIME TO MOW THE FIELD - Now that fall has arrived, my thoughts turn to getting the field mower going and cutting the Lupine Field and Orchard, preparing it for new growth in the spring. This is also the time for preparing my mind for the new projects ahead.



2021 09-25, 5083 - ENERGY FLASHES - I am becoming more and more aware of the flashes of energy that materialize to us when we are receiving communication from non-ordinary forms of reality, such as messages from the other side. These energy flashes do not conform to our traditional human thinking.



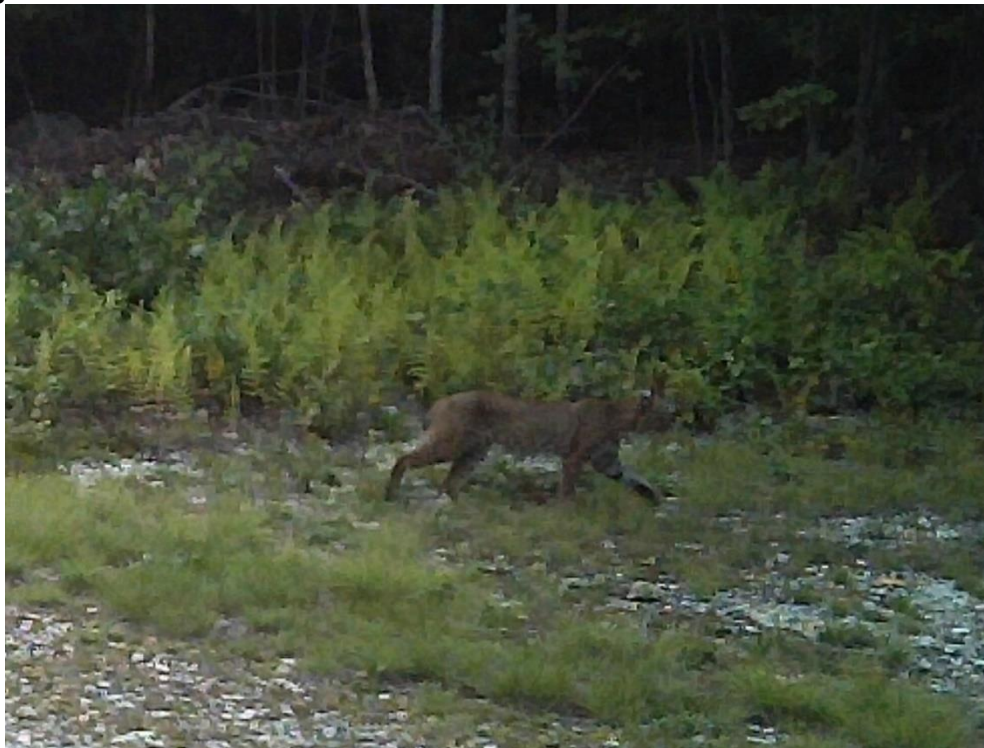
2021 09-26, 5084 - SEEING THE UNSEEN - I often wonder about the unseen that exists around me. Is it real or just my imagination? When I look at photos I have taken, sometimes I see things I didn't see when I took the photo. Then I wonder if these images have a meaning to me or someone else.



2021 09-27, 5085 - TRANSPLANTING A TREE - Recently my wife decided she wanted to bring a small spruce tree down from the top of the mountain to place where she could admire it as it grew. I thought of all the things we have transplanted over the years, including ideas.



2021 09-28, 5086 - ON THE PROWL - One of our game cameras recently captured the image of a female bobcat that appears to be nursing, on the prowl for some nourishment. I think of all the people who are on the prowl for spiritual nourishment for their hearts, searching the landscape of life for meaning.



2021 09-29, 5087 - CLOUDY STRETCHES - It seems as if there have been a lot of cloudy stretches of weather this summer with a lot of rain and little sun. I am reminded of the cloudy stretches we experience in life from time to time where it is hard to find our soul's path. The heart is always a good compass.



2021 09-30, 5088 - CHANGES ARE IN THE AIR - The changes of autumn have been a little slow this year. Perhaps it's the warmer weather or amount of rain we've had recently. For those that pay attention to the weather each day, we make note of small changes in the climate and in life in general.



2021 10-01, 5089 - POSITIVE REMINDERS COME IN MANY SIZES - A friend recently sent me a photo of a tiny leaf they spotted on an asphalt driveway at a time when they needed a positive reminder that they were being watched over. I have found that the more I look for positive reminders, the more they appear.



2021 10-02, 5090 - STILL FLOWERING - I caught a glimpse of color in the middle of the Lupine Field where most of the wild flowers have already gone to seed. I thought of all the older people in the world that are still creating beyond where many the same age have withdrawn from an active productive life.



2021 10-03, 5091 - A MYSTERY ON THE HORIZON - The light was just right to illuminate the pyramid shaped mountain whose top could be seen on the horizon as I looked across the valley to the south. I paused to wonder if this odd mountain has more meaning than is currently known.



2021 10-04, 5092 - THERE ARE MANY NATURE STORIES - Indian matchsticks on an old stump remind me of when I was young, watching my grandmother create a fall arrangement of moss, berries, old wood, and Indian matchsticks that would last into winter. Nature stories are in all of us.



2021 10-05, 5093 - A RAY OF FLOWER POWER IN AUTUMN - As the colors in the Lupine Field diminish there are still rays of bright yellow produced by the silent power of the still blooming flowers. I think of the positive power people have when they set positive intentions and gratitude in their hearts.



2021 10-06, 5094 - THE TRAIL IS STILL GREEN - Even though much of the landscape here in the mountains has begun to show color, the trail leading from the Lupine Field is still green. Just as the landscape changes at different rates, so does life, sometimes causing us to become disorientated when we think we know where we are.



2021 10-07, 5095 - A FALL BLEND - It seems as if every fall our senses become alive with the sights, sounds, tastes, smells, and feeling of autumn. Other times of year we are often tied up in distractions that prevent us from experiencing life around us. The fall senses are always with us if we remember to use them.



2021 10-08, 5096 - A REALLY MIXED UP LUPINE - As I was cutting the Lupine Field, putting it to bed for the winter I discovered a couple of plants still in bloom four months after the normal time they flower. I thought of all the people that do not stop producing regardless of whatever their season of life they are experiencing.



2021 10-09, 5097 - READY TO GO TO WORK - I hooked up the field mower to the Cat and towed it up the Mountain to cut the Lupine Field and the Orchard. I thought of what it must have been like a couple of hundred years ago without modern machinery and realized we still have the pioneer spirit inside of us.



2021 10-10, 5098 - SLEEP WELL - The Lupine Field and the Orchard have been cut and readied for a long winter sleep. It is time for the new seeds to begin to take root. We hibernate ideas in our minds that can reawaken any time of year as they prepare to spring to life when we are ready for them.



2021 10-11, 5099 - NATURE UN-NOTICED - This time of year people are really tuned into Nature with its splashes of breath-taking color, and yet much of Nature goes unnoticed, often hidden in plain sight such as the tiny leaves at the base of a giant tree. People's acts of kindness often go unnoticed, and yet they are still there.



2021 10-12, 5100 - THE HILLS ARE ALIVE WITH FALL COLORS - The beauty of fall is upon us and the hills are alive with splashes of beautiful colors. It is a time of year when people turn to Nature to find peace. The hills are always alive. It only takes one's intention to discover the beauty all year long.



2021 10-13, 5101 - FERNS AND BIRCHES - I am always looking for combinations of different elements in Nature that create interesting scenes to capture with a camera. People from different walks of life can come together to create positive combinations that can make a difference in the world.



2021 10-14, 5102 - THE VIEW FROM ABOVE - I love to stand on top of the mountain and view the world around me from above. It gives me the opportunity to see life from a distance, arranging things in my mind into a different perspective. Wherever we are, going inside ourselves helps give us the view from above.



2021 10-15, 5103 - BLACK HOLLY - We have had a holly bush growing for years in a garden at the Center and it was supposed to be both male and female so that it would bare berries, beautiful red ones I thought. Recently I found it had berries this year, but they are black. It is unique, like people often are.



2021 10-16, 5104 - I AM ENJOYING THIS FALL - Perhaps it is the long stretch of warm weather that has prolonged the color of fall, or perhaps there has been a shift in the energy as we rediscover life again, but I am enjoying this fall. Then again, it is my intention to find something to enjoy in life every day of the year.



2021 10-17, 5105 - THE SPIRIT IN THE MILKWEED POD - Just before the wind sent the seeds from a milkweed pod on a journey I saw a face looking back at me. I caught it with my camera, knowing that what was real to me at that moment might not be real to others. There are people that can see the spirit leave after a person passes.



2021 10-18, 5106 - GHOST TURKEYS - As we approached the orchard on foot, we saw movement coming from some turkeys moving about. The light was right to make them appear as ghosts, and I thought of the times animals may have been close to us but we never saw them. There are many ghosts existing around us.



2021 10-19, 5107 - FRONT ROW SEAT - I have had a very special front row seat this fall for Nature's spectacular festival of color. Now in its third act, it still provides a beautiful backdrop to the changes of the season. Actually, we all have a front row seat to life all year round. There is no charge to attend.



2021 10-20, 5108 - NATURE INSTALLS A NEW CARPET - Nature is currently very busy installing a new fall carpet of leaves that are coating the ground. It is fun to walk on, and as the season progresses and the winter snows arrive, the leaves will begin to blend with the carpets of old, creating new top soil. It is the Nature of life.



2021 10-21, 5109 - QUIET SPOTS - I have several quiet spots in Nature away from the hustle and bustle of life. They are places where I can quiet my mind and connect with the positive energy of the Cosmos. Sometimes these quiet spots are filled with the sounds of Nature that enhance the energy flow.



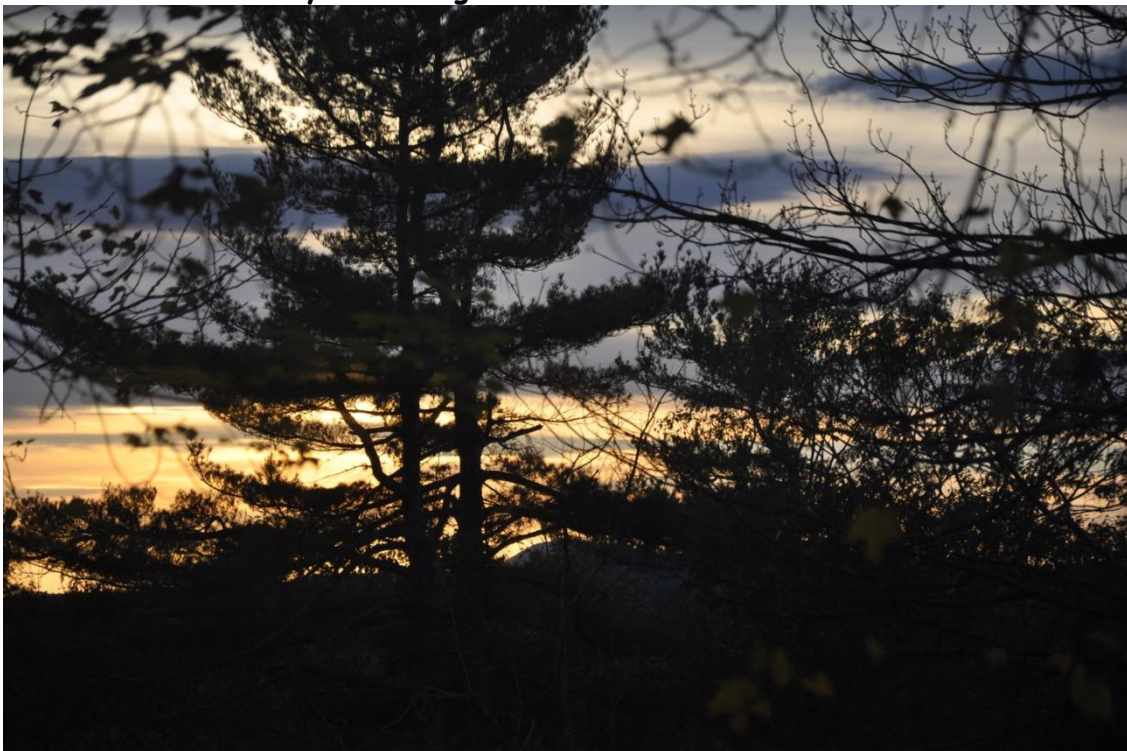
2021 10-22, 5110 - SNOW IS IN THE AIR - I could see the snow flurries drifting across the mountains in the west. Even though they did not reach us that time, the signs are pointing us toward winter. It is time to finish up the fall chores as we enjoy the warmer than usual weather. I wonder how many are not paying attention.



2021 10-23, 5111 - FADING BEAUTY - I'm not sure if it is the freedom I'm experiencing as I discover life again after the confinement of the pandemic, but this has been one of the most enjoyable falls I have experienced in years. It may be that the habit of intending gratitude every day is working.



2021 10-24, 5112 - SUDDENLY WE HAVE A VIEW - A glimmer of sunlight caught my eye and I was drawn to the window where for the first time in about six months we suddenly had a view. The leaves that had provided shade all summer were now dropping. We have the same opportunity in life to discover old views we may have forgotten.



2021 10-25, 5113 - AFTERNOON GLOW - The late afternoon sun shined its spotlight on and through the remaining yellow leaves on the trees casting a golden glow over the landscape and in my heart. I think of all the people that feel heart-centered gratitude and how their energy glows throughout the landscape of life.



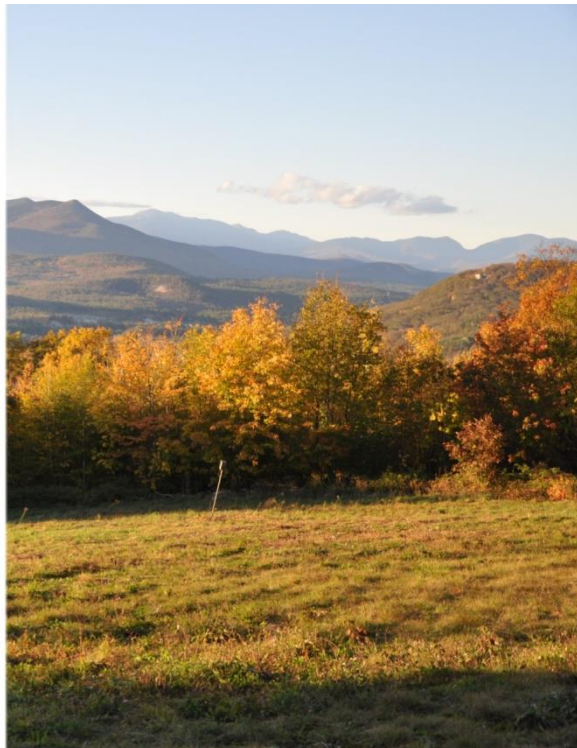
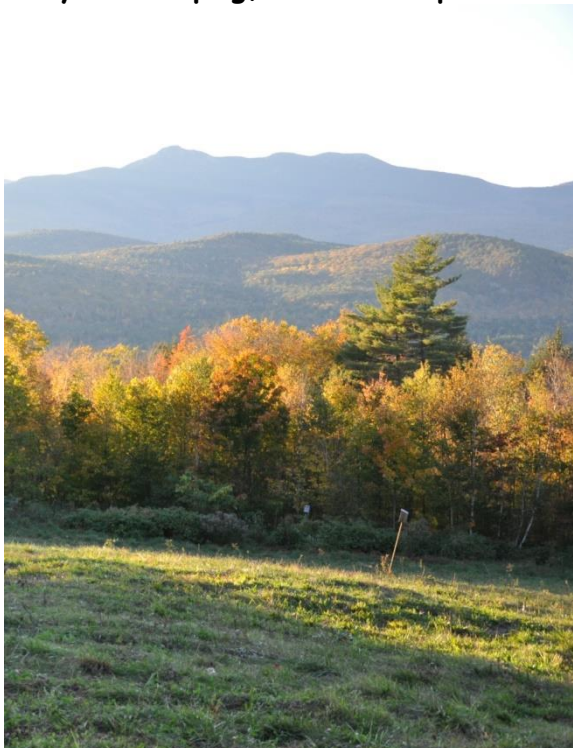
2021 10-26, 5114 - THE GIFT OF A LATE AFTERNOON WALK - After playing two music gigs in less than 24 hours and after eating a late lunch, we decided a breath of fresh air was in order. A short drive and short walk brought us to the Lupine Field and an incredible fall view. It was a gift.



2021 10-27, 5115 - A VISIT FROM A BIG BOY - We recently checked one of our game cameras and discovered several unexpected visitors on the drive to the orchard, including a big male moose. The moose have had a hard time lately with ticks that suck out their life blood. Nice to know there are survivors.



2021 10-28, 5116 - AFTERGLOW - Now that the leaves have mostly dropped to the ground, all we have is the afterglow of the memories we can replay in our minds until next fall. Nature provides a way of escaping, whether in person or in our minds when needed.



2021 10-29, 5117 - THERE IS MAGIC IN A PUFF BALL - As a child I used to love to find a puff ball growing in the grass and stomp on it to release the magic "smoke" inside. As it floated for a moment in the air, my mind would soar to places in a distant world. I still do it.



2021 10-30, 5118 - JUST WHEN YOU THINK YOU HAVE SEEN IT ALL - The woods are full of surprises, especially around Halloween when spirits roam the land. My son recently captured an image that is nothing like we have seen before. Just when you think you have seen it all there is always something new that shows up.



2021 10-31, 5119 - BOO - It is Halloween and the spirits are free to pass in and out of the earth's plane through the opening into the earth across the valley. I believe ancient shamans held a special ceremony on this night where they travelled into dimensions most of us only think about. Is it real?



2021 11-01, 5120 - SOCIALLY DISTANCED TURKEYS - I chuckled when I saw the game camera's picture of turkeys walking in a straight line socially distanced. I am aware that over the past year and a half people have been socially distancing for safety and the turkeys provided a great way to see humor in something so serious.



2021 11-02, 5121 - COVERED - The remainder of the old dead tree was covered with mushroom-like growths. It looked ugly and at the same time beautiful. I thought of people that may have some type of a deformity that might turn others off until they look under the surface where the beauty lies.



2021 11-03, 5122 - LOOKING THROUGH A PORTHOLE - Every once in a while I find a porthole in Nature, usually a spot where a tree has grown with twisted branches that looks like a small opening. Actually one's mind can really soar through a porthole to adventures beyond.



2021 11-04, 5123 - FUSED TOGETHER - I am fascinated by rocks and boulders that seem to have been fused together with different elements in Nature to create intricate designs that people love to collect and photograph. It feels like people have been fused together through the pandemic, often with conflictive views. The reality of life.



2021 11-05, 5124 - A MONSTER IN THE WOODS - We are currently having a timber harvest in the woods, mainly on the back side of the mountain and away from the ski trails. It is a working forest that encourages new tree growth as well as habitat for wild animals and a place for people to connect with Nature.



2021 11-06, 5125 - A STEP BACK IN TIME - When we drive up to the Orchard during the logging, it is like a step back in time, and I can imagine what it might have looked like a couple of hundred years ago. It gives us the opportunity to help carry on into the future what the settlers accomplished.



2021 11-07, 5126 - TAKING TIME TO WATCH A BEAUTIFUL SUNSET - Now that I can see the sunsets again from our windows, I set an intention to pause and observe the beauty that unfolds in front of me. It is easy to wrap one's mind in the stresses of the world and forget this wonderful gift Nature has given me.



2021 11-08, 5127 - NIGHT OWL - Another game camera capture of, what I think is, a barred owl, perched on a wooden device I use to cut up firewood for the end heater in the Cabin. The owls had a hard winter a year ago, and it is great to have them coming back again. Nature is often very resilient.



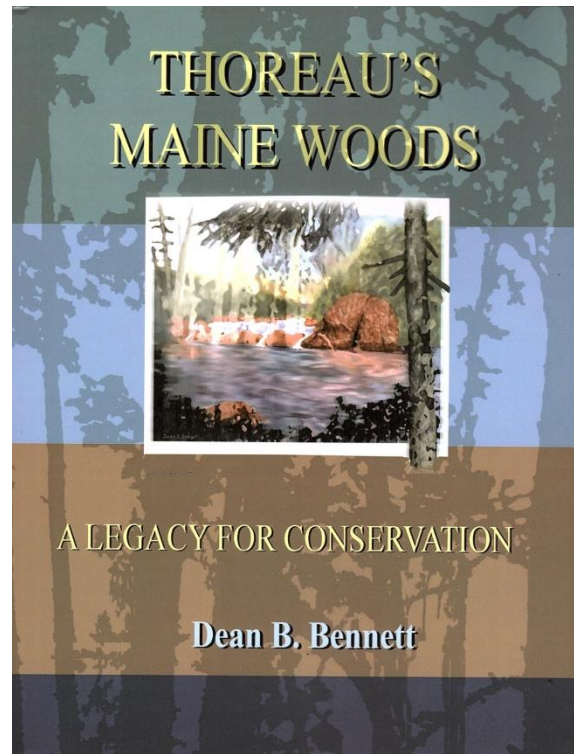
2021 11-09, 5128 - A MEETING OF THE DEER - The game camera recently captured a photo of three deer having a meeting. I wonder what they were saying to each other and how they were saying it. I wonder how all animals communicate, including humans. I wonder how many humans know how to communicate.



2021 11-10, 5129 - A GLOWING WAY TO START THE DAY - Now that we have our view of the mountains back for the winter we are often greeted with a pink alpine glow as the sun rises in the morning. It is a great way to start the day, and it creates a glow in our hearts that sends out love and gratitude.



2021 11-11, 5130 - THOREAU LIVES ON IN THE MAINE WOODS - Dean Bennett, a Maine treasure, has just authored a new book, "Thoreau's Maine Woods-A legacy for Conservation". It is a work that connects the past with today with a purpose of carrying on this legacy into the future.



2021 11-12, 5131 - AN OAK LEAF WITH A HEART - A visitor walking the labyrinth recently found an oak leaf with a heart sign on it, and, knowing I liked hearts, sent me a picture of it. To me, it is another indication that our intentions are in tune with the land. My heart was warmed.



2021 11-13, 5132 - OPENING UP THE VIEW - With the recent logging operation on the back and top side of the Mountain we are discovering both old views we used to have and new views we have not seen before. At the same time we are also discovering inner views that give us new perspectives.



2021 11-14, 5133 - READY FOR A LONG WINTER'S NAP - The photo of the bear captured by the game camera showed it was getting ready for a long winter's nap. It had bulked up, putting on as much weight as possible. I think it is easy for people to bulk up this time of year, but I prefer a long winter of waking creativity.



2021 11-15, 5134 - A VISIT WITH MY PAST - Recently on a trip to Cape Cod we visited the Thornton Burgess Museum in Sandwich, Mass. It had been a goal of mine for a long time. When I was very young, I used impatiently wait for the daily paper to arrive in the mail. In it was a story about the animals in Nature.



2021 11-16, 5135 - HUNGRY SANDPIPERS - A flock of small sand pipers were searching for food along the water's edge of the ocean and they seemed undeterred by our presence. I thought of people and their quest to find their soul's purpose with the nourishment and love of the Cosmos.



2021 11-17, 5136 - SPEECHLESS - Coming back from a few days at the ocean, we were anxious to check on the logging operation on part of our land. As we walked up to the cabin and orchard, my wife noticed the mountains beyond. I was speechless at our new incredible view, not only of the mountains, but of life.



2021 11-18, 5137 - STILL STANDING GUARD - Recently the loggers pushed over and flattened a long deserted, rotting pile of logs, cut before we bought the land. There was one log that looked like some sort of a reptile that I have admired for years. Although the rest of the pile is gone, somehow it is still standing guard.



2021 11-19, 5138 - FROZEN PEAKS - Winter has come to the highest peaks looking down on the foothills here in New Hampshire. It won't be long before we will be covered in ice and snow. I think of when we have brain freezes when thoughts are frozen in our minds. Just as winter will thaw, so will our thoughts return with patience.



2021 11-20, 5139 - SEEING RED - We recently visited some cranberry bogs on Cape Cod during the harvest season. You could see the red berries floating on the water before they were scooped up for waiting customers. I am fascinated with how people do things. Each one is a teacher for me to learn something new.



2021 11-21. 5140 - MOON MAGIC - I slept through the recent full moon eclipse, but when I did arise, I saw a magical scene just before the moon slipped behind the mountains. It shined through a single cloud and I hurried to capture the image. There is energy during a full moon that has an effect on many people and animals.



2021 11-22, 5141 - ANOTHER HEART REMINDER - I have no idea how many podcasts I have done over the years related to heart images, but to me each one is a reminder that I do not walk this path alone. I am surrounded with love on this and the other side. So are you.



2021 11-23, 5142 - FUTURE TRAILS - Every time we time log a portion of the land there is more than one purpose for removing trees. It provides the opportunity for new growth and new feed for the wild animals; it opens up views for people that walk or ski the land; and benefits many more than just ourselves.



2021 11-24, 5143 - NATURE PAINTS THE SKY - Nature is an incredible artist. Humans have attempted to capture Her creations since the beginning of time. Recently I observed a sky filled with layers of color which should encourage people to capture images in their own unique style.



2021 11-25, 5144 - A SPECIAL BOUQUET FOR A SPECIAL DAY - Today is Thanksgiving in this country, a day to be grateful for the past year as well as thoughts for the future. I recently captured a photo of the perfect bouquet for this special day. It was created by Nature as a reminder that each one of you is a special bouquet.



2021 11-26, 5145 - CORDWOOD ROAD - When wood was harvested in cordwood lengths, about four feet long, for paper manufacturing, loggers used wood to fill in wet places along the logging road. Now, the technique is still used with large timbers to protect the ground. We use similar techniques with our beliefs to help us cross difficult stretches.



2021 11-27, 5146 - YOU NEVER KNOW WHEN OR WHERE A HEART SIGN WILL APPEAR - I am always on the lookout for heart signs but I was not expecting one on my doughnut. I grabbed the camera and caught a picture before I ate it. Felt good in my heart and my stomach.



2021 11-28, 5147 - COVERING THE RUTS - I've learned a lot watching the loggers work, as I do from everyone I meet when they tell me about what and how they do things. I watched brush being hauled back into the woods to cover ruts made in the soft ground. It made it easier to use the same path.



2021 11-29, 5148 - WAITING FOR SNOW - It is almost December and we are still waiting for our first measurable snow fall. Sometimes it happens a month earlier and sometimes it could be in late December before it comes. Waiting is something we do for a good part of our lives. Often the result depends on how we wait for it.



2021 11-30, 5149 - UPROOTED - Years ago during a winter storm two giant pines were uprooted and remained in that position until loggers recently trimmed them. People often feel uprooted in life when situations change. Just as the soil will regenerate on the mountain, so will a person's life regenerate, only richer.



2021 12-01, 5150 - THE PERFECT TREE - Over the years we have searched for the perfect tree to decorate during the holidays. Now we just decorate with lights and have trees on the lawn we had intended to cut that have now grown too tall, so we get to see the perfect tree all year long. Perfection was and still is the intention.



2021 12-02, 5151 - MAPLE SAPSICKLE - This year I noticed squirrels chewing on the bark of maple trees to get at the maple sap that is flowing, normally a spring activity. I wonder if it is because of climate change. Humans, as well as animals, are experiencing changes in many ways. There is hope that these changes are positive.



2021 12-03, 5152 - WAKING UP TO MAGIC - I recently woke up to a magical coating of white, the first snowfall of the season. I thought of how warring armies have come together for a moment of peace to sing together during the holidays. I believe in waking up to the magic of peace for all.



2021 12-04, 5153 - AN EARLY DECEMBER AFTERNOON BEFORE THE SNOW - I had a chance to get one last hike on the land before the winter's first snow arrived overnight. Alone, with my thoughts, I felt the joy of being in the presence of Nature and the vast Cosmos beyond. My heart was full of love.



2021 12-05, 5154 - NATURE DECORATES FOR WINTER - Nature has been busy decorating with red berries and green evergreens that really stand out in the recent snow. I just love to walk the land and discover Nature's handiwork. It inspires me to set my intentions to share what I observe in thoughts and actions.



2021 12-06, 5155 - A CONVERSATION WITH A WISE OWL - Recently a barred owl landed on a branch near me and I began to talk to it, asking it to allow me to photograph it. We had a nice chat; I talked and it listened. I think of my conversations with Source. They are the same and I know it listens and will respond.



2021 12-07, 5156 - A NEW VIEW OF AN OLD FAVORITE - Recently I saw a new view of magnificent Mount Washington decorated for winter. It was at the corner of the orchard where the loggers had harvested trees. In life there is always the potential view of an old passion, creating a new positive energy.



2021 12-08, 5157 - A NEW MONUMENT FOR THE LAND - Recently we found three boulders piled on top of each other. We had never seen them before and found out it was created by the logger to honor the land. We thanked him, and you could see he was pleased to have his work appreciated.



2021 12-09, 5158 - PERSPECTIVES - Standing on top of the mountain, I get a good view of Davis Pond below in the valley. From there it looks like a holiday miniature my grandmother used to create this time of year. It is good to stand back and see life from a different perspective before entering your valleys again.



2021 12-10, 5159 - CREATING NEW TRAILS - Now that the logging has finished, it is time to begin planning new trails following some of the skidder paths. It is like planning new paths in one's life which begins with investigating possibilities. It is good to stand back and see life from more than one perspective.



2021 12-11, 5160 A BLANK SLATE - I stood at the top of the Mountain and looked down a "skidder road", the trail the loggers created to haul logs back to the landing where the wood was processed. My mind saw a blank slate of potential for new trails. Every day we have a blank slate in front of us for making positive changes.



2021 12-12, 5161 - THICKETS - I have observed that many small birds that come to the feeders like to find hiding places where larger birds, that would prey on them, have trouble entering. Many people like to go from hiding place to hiding place so that their vulnerable hearts are always protected.



2021 12-13, 5162 - HOME FOR THE HOLIDAYS - Several years ago I attended a church sale and found a handmade Santa Claus that my wife had made and sold years before. I had always wanted one. It is home now. I now think our real home is in our hearts.



2021 12-14, 5163 - A SNOWLESS SUNDAY IN DECEMBER - The rain succeeded in melting the coating of snow that had given us a festive feel. Now, on a brown Sunday in December, we explored the landscape and connected with our hearts, setting intentions for positive actions in the near future.



2021 12-15, 5164 - WIND BLOWN - The storm off the coast sent waves of strong winds across the mountains, and I noticed that it had torn away some of the bark on the birch trees creating the opportunity for new growth. When people feel "wind blown" in life, they have the opportunity to grow mentally, physically and spiritually.



2021 12-16, 5165 - PRECIOUS MOMENTS - There are so many precious moments in life that pass us by, especially when our minds are preoccupied with life situations. I could have missed the brilliant setting sun that I photographed through leafless branches. That moment will never be the same.



2021 12-17, 5166 - ON THE HUNT - One of the game cameras captured a picture of a red fox, in its winter coat, focused on a hunt as it followed the road from the orchard. I think of people who are on the hunt for spiritual enlightenment. It is good to remember to enjoy your journey while reaching for your goals.



2021 12-18, 5167 - LIFE IN A HOLLOW TREE - Every time I pass by a hollow tree, I wonder what might live inside. Perhaps it's an owl or another bird or an animal. I wonder what it would be like to live in a tower and never set foot on earth. Life is about experiencing different views.



2021 12-19, 5168 - WALKING THROUGH A PINE GROVE - There is a grove of pine trees that seeded themselves over thirty years ago near the orchard where one can find a peaceful moment to embrace Nature. It is one of my favorite places on the mountain. I believe we all have a place like that in our minds.



2021 12-20, 5169 - WAKING UP TO A WINTER WONDERLAND - The first big snowstorm of the season arrived during the night, and I woke up to the magic of a winter wonderland. Some people dread snow, but it is magical if one can look at it from the eyes of a child who can't wait to go outside and play.



2021 12-21, 5170 - THE PERFECT PIE - My wife sprained both wrists a month ago and has been unable to much pressure on them, so she talked me through it as I made a vegan, gluten free apple pie. The crust was patched together, but it really was perfect, at least in my intentions.



2021 12-22, 5171 - TURNING POINTS - Today we begin our journey from the shortest day of the year to the summer solstice in June. It is a turning point in our lives in many ways. It is an opportunity to take stock of where you are in life and what will give you the greatest heart felt happiness as the days grow longer.



2021 12-23, 5172 - WINTER'S BITE IS BACK - It took a while for winter to get up its muster this year, but its cold bite is back. I can see its teeth growing in the brook as Nature creates icicles in the freezing weather. At the same time the days are getting longer and the dreams of spring are alive and well.



2021 12-24, 5173 - RECEIVING GIFTS FROM THE SOURCE - In this season of gift giving, I am reminded that we receive gifts in many forms daily from the Source in the center of the Cosmos. They may be little miracles, a connection with something in Nature, or an opportunity to advance on your soul's path.



2021 12-25, 5174 - WISHING YOU PEACE, HAPPINESS, PROSPERITY & GOOD HEALTH - On this magical Christmas day, I wish you peace, happiness, prosperity, and good health so that you may share these components of life with those that may not have yet learned the concepts of gratitude and love.



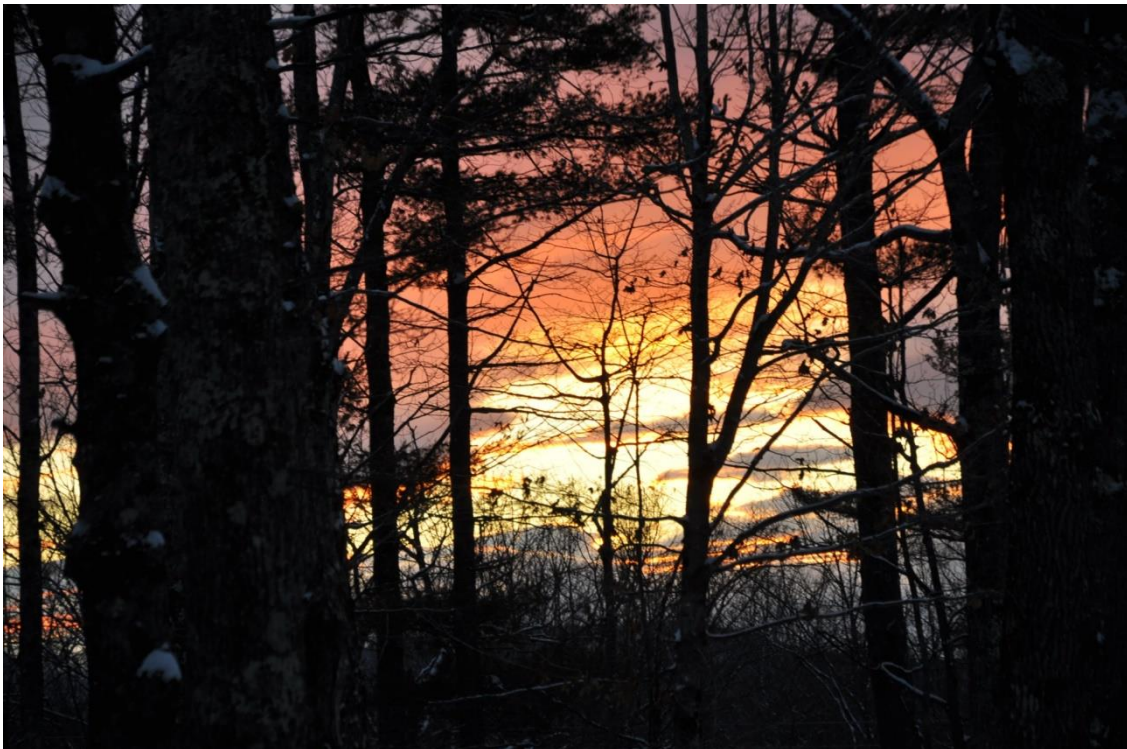
2021 12-26, 5175 - A WINTER AFTERNOON ON THE MOUNTAIN - I recently drove through fresh snow up to the cabin on a cold sunny afternoon to connect with the vast Cosmos beyond. In this special place I can communicate with my Source free from other chatter in my mind. I believe we each have a place like this.



2021 12-27, 5176 - CATCHING UP - Recently my wife gave me the two remaining podcast years bound into two beautiful books. At the moment we are all caught up until another year rolls by. Right now a lot of people are catching up on what has been missing the last couple of years. Life is in balance.



2021 12-28, 5177 - TWO MINUTES MORE - As I watched the beautiful sunset on a cold winter afternoon, I reminded myself that the day was two minutes longer since the winter solstice. Two minutes may not sound like much, but over the next few weeks those minutes will expand to many more. I cherish each one.



2021 12-29, 5178 - A NEW ADDITION TO THE COLLECTION - Recently my grandson gave me a sketch he made of Mount Chocorua. We have been collecting different views of the Mountain since we built our home here years ago. I have also collected the different views of life that people have.



2021 12-30, 5179 - A KEYCHAIN ANCHOR - I have a new keychain with a picture taken from the Lupine Field, and every time I look at it I feel gratitude for this beautiful place. An anchor, is a picture, sound, smell, feeling, or taste that can be chosen and, through practice, recreate a positive heartfelt experience.



2021 12-31, 5180 - A LOT TO BE GRATEFUL FOR - As 2021 draws to a close, despite all the hardships people have experienced, I have a lot to be grateful for, including my gifted wife, family, friends, the opportunity to share the podcast, connections with a heart-based gratitude project, and now a cover article in the NGH Journal.

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