

Message from the Mountain
2022

Michael R. Hathaway



2022 01-01, 5181 - THE ROAD AHEAD - Now that 2021 has concluded, we have a new road ahead to travel for 2022. Like the old road leading to the Cabin, if one has not traveled it since the logging, it may look very different and even disorienting. The road is the same; the landscape has changed. Let your heart be your guide.



2022 01-02, 5182 - PASSING BY THE WINDOW - It is interesting to see by the tracks in the snow what passes by the window by my desk when I am not watching. We have squirrel, turkey, fox, and deer prints at the moment. I think of people who never leave their place by the window to venture out into the world itself.



2022 01-03, 5183 - SHROUDED IN MYSTERY - One of my favorite views of the Mountain is from the Town's sand pile. The mist and fog that cover it from time to time creates a mystical shroud. I wonder about the people drawn to it over time. Then again, there is still a great mystery to all of life.



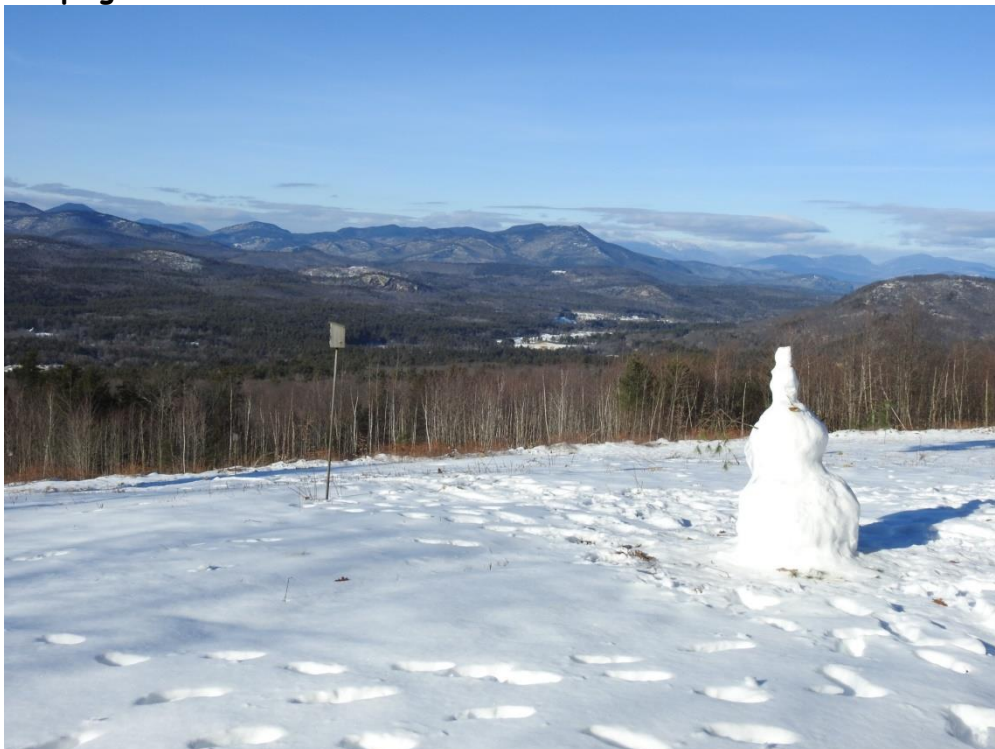
2022 01-04, 5184 - THE REALITIES OF NATURE - We are always seeking the peace of beauty in Nature, but it is not always that way when one choses to live in it. The settlers found the soil and climate too harsh. The deer ate our well cared for cedar trees. Still with diligence, the beauty and love will return.



2022 01-05, 5185 - A BEAUTIFUL WINTER EVENING - The sky turned fire red as the sunset reflected off the clouds and the white snow covering the landscape. It wasn't long before the internet lit up with photos of the event. Imagine all the people enjoying and sharing at the same time. Positive actions make a difference.



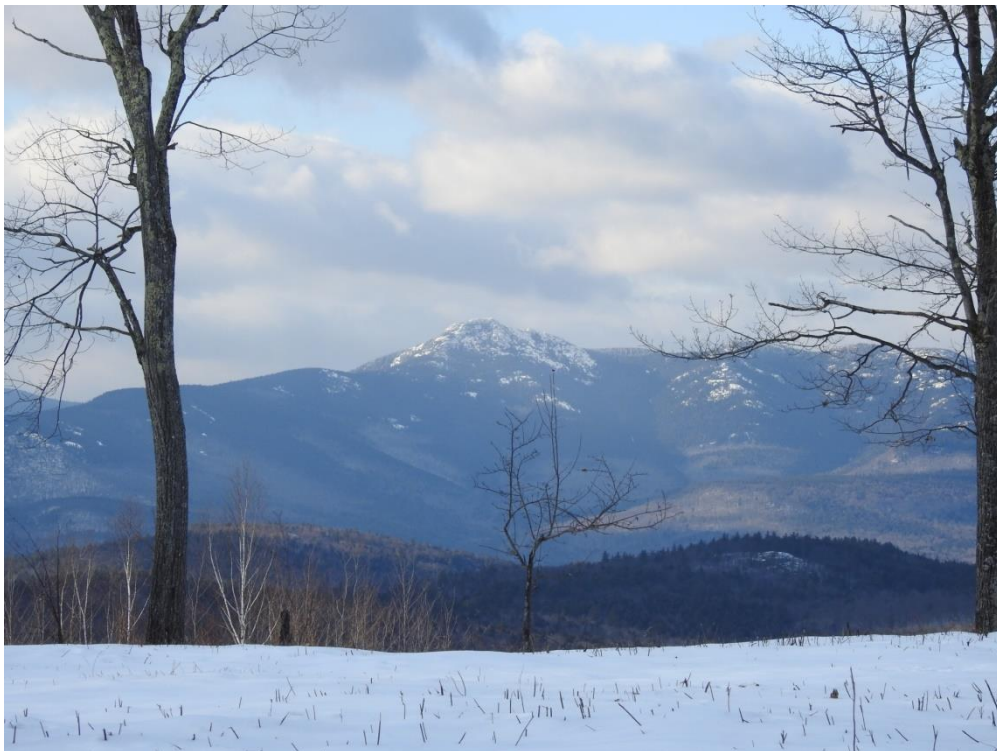
2022 01-06, 5186 - WATCHING OVER THE LUPINE FIELD - As I approached the top of the Lupine Field, I saw a large white figure standing there. It was a snowman someone had made a few days earlier. I thought of the large figure people tell me goes behind me and was reminded we all have something keeping watch over us.



2022 01-07, 5187 - THE OLD WAGON - The old wagon still rests at the edge of the Orchard waiting to be restored. It is a collection of parts and pieces from other vehicles fastened under a welded iron frame. I wonder what stories these pieces have to tell. We all have stories in our parts and pieces waiting to find a voice.



2022 01-08, 5188 - NATURE FRAMES ITS OWN PICTURE - The loggers left two tall oak trees on the other side of the stone wall to frame the view of the mountain, the way I captured it with a camera. Nature gives us a way to bring our minds into focus so that we get the right view of life at the time we need it.



2022 01-09, 5189 - SNOW COVERED TURKEYS - A flock of turkeys grubbing for food under the feeder arrived in a snowstorm, their backs covered in white. They didn't seem to mind as they ate while some members kept watch for predators. Turkeys, like people, can be vigilant in parts of their lives while they let other things slip by.



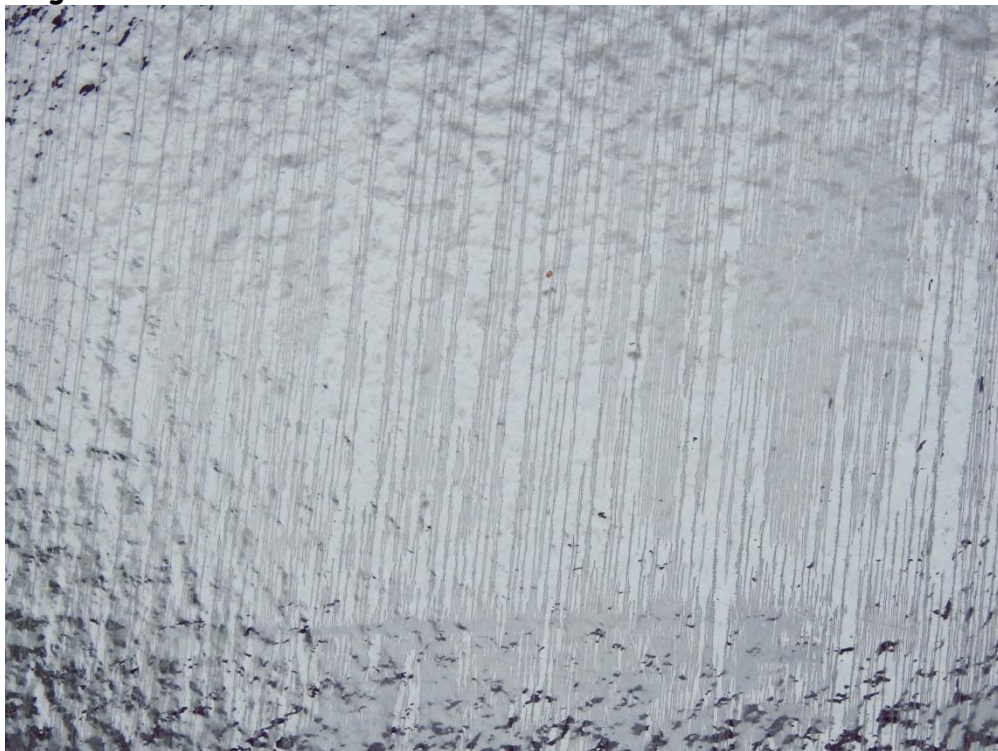
2022 01-10, 5190 - AN EMPTY SHELL - I spotted an empty beechnut shell on the snow and thought about the old claw marks on the beech nut trees when bears climbed them to eat the nuts. Then I thought of people who have been labeled as empty shells because of what they have been in the past. Heart love will help them grow again.



2022 01-11, 5191 - CAP HOLDERS - I spotted a small oak twig in the snow that still had the caps from acorns attached to it. It reminded me of the different hats and caps I wear, and that reminded me of people that have several professions or wear different hats and that reminded me that our abilities have many uses.



2022 01-12, 5192 - GLAZED OVER - As the snowstorm was ending, the weather turned warmer and the very light rain froze on contact, creating an icy glaze. I thought about people whose thinking is "glazed over" making it hard to get a true picture of reality. Fortunately, we can step back to see the big view.



2022 01-13, 5193 - IT'S COLD OUTSIDE - As we experience one of the coldest temperatures in a few years, I find myself inside a warm house watching the birds at the feeders. The titmouse looks cold as the wind blows it feathers. I think of all of you that feel the warmth of gratitude in your hearts.



2022 01-14, 5194 - FROZEN OVER - As the cold weather continues, the little brook has frozen over. When looking carefully, I can see water flowing under the solid surface. It is still active. I think of people that do not seem to be progressing but are actually putting their next steps together in their minds.



2022 01-15, 5195 - THE MIRACLE OF NEIGHBORS - We are fortunate that we have wonderful neighbors who perform acts of kindness, from blowing the leaves out of the labyrinth to keeping the back parking lot open in the winter, giving many people the opportunity to enjoy Nature. We are grateful.



2022 01-16, 5196 - ICY COLD SUNSET - The setting sun indicated that it was going to be an icy cold night with the temperatures falling below zero. We received warnings from our electric provider to be prepared. I thought of how I prepare for each day by setting my intentions to spread love.



2022 01-17, 5197 - TRYING TO STAY WARM - Over the years I have observed turkeys in many different situations, but recently I saw something new. There were several 'headless turkeys' hunkered down in the sun on a freezing winter afternoon. A few birds were keeping watch. I thought of people who are constantly watched over.



2022 01-18, 5198 - CLOSEUPS - Recently we have had a pair of cardinals coming to the feeder from time to time. I love to study them close up as I do other birds. Taking a photo provides the opportunity to see what I might have missed during the moment. We often miss what is really there.



2022 01-19, 5199 - SNOW DAY - Recently we had our first major snowstorm of the winter. Snow days have always been magical for me since my childhood. Now I play in it differently, using a tractor to slowly clear the drive. Many people from here go South in the winter, but I look at every day, regardless of the weather, as magical.



2022 01-20, 5200 - IT'S FEEDING TIME - The turkeys have become accustomed to me throwing out some bird seed onto the snow. In fact, now they expect it. I think of people and their quest for spiritual nourishment. It comes from the soul through the heart and right now the heart is really hungry.



2022 01-21, 5201 - A GLOW THROUGH THE TREES - The brilliant pink glow coming through the trees caught my eye as I looked out the window. I knew it was an alpine glow and I realized that I often see heart-based glows flowing through people that I may never meet up close and personal. I am grateful.



2022 01-22, 5202 - THE NEWEST MEMBER OF THE FAMILY - After careful consideration we decided on a "new" twenty-year-old tractor to replace the older one. It makes the work of moving snow much easier. I think of our spiritual family that is always there to help us in all aspects of our lives.



2022 01-23, 5203 - NO NEED TO SHOVEL - A few days after the last snowstorm I looked out the window to see if it was time to shovel a path to oil tank receptacle. I discovered that the turkeys had made a path right past it and there was no need to shovel. I was grateful for another of Nature's miracles.



2022 01-24, 5204 - OPEN FOR SKIING - Finally, half way through the winter, the snow cover at the Reflection-Hypnosis Center is enough to give Back Country Skiers the opportunity to glide down the Mountain. I love to meet those that come to experience the out-of-doors. They bring and take with them positive energy.



2022 01-25, 5205 - NATURE'S FROSTED GRANITE WINTER DOUGHNUT - Years ago I found a granite millstone near the edge of the main road. We moved it to the stone wall in front of our house, and in the winter it looks like a frosted doughnut. Nature makes me smile, and I like to pass it on.



2022 01-26, 5206 - A FRESH START - Waking up to an inch of snow is a magical way to start the day. Everything is fresh and white. Actually, every day provides us the opportunity to make a fresh start in life, regardless of the season.



2022 01-27, 5207 - DAY BY DAY, MINUTE BY MINUTE - The days are now over forty minutes longer than they were a month ago. Every day I keep watch until the sun is still shining at 5 PM. We spend a lot of time living our lives day by day and minute by minute. Time can be a healer or a generator of fear.



2022 01-28, 5208 - ANOTHER AMAZING DESIGN BY NATURE - It wasn't until I had the opportunity to photograph a wild turkey in the bright afternoon sun that I could see all the amazing colors in the feathers. People also have amazing abilities can be missed if one doesn't look deeper.



2022 01-29, 5209 - WHO MOVED THE FOOD - Recently our son switched around our bird feeders because a squirrel had found a way to get onto one of them and spill the seed. Afterwards, my wife took a picture of it looking in the window for the food. A lot of people are looking for spiritual food that has moved.



2022 01-30, 5210 - WAITING - It seems as though I spend a good part of my life waiting. I like to get to places early and then I wait. We wait for the weather to do what was forecasted. We either wait in love or in fear. While we wait, our minds are active and can have an effect on the outcome of the wait.



2022 01-31, 5212 - PILING UP - The blizzard has moved on up the coast leaving nearly another foot of snow. With six more weeks of winter left, there is ample opportunity for the snow depths to pile up even further. The result can often cause "cabin fever" for people looking to find relief. Life will renew again.



2022 02-01, 5212 - IS THE GLASS HALF FULL - On this first day of February we will be half way through winter tomorrow. The optimist sees six weeks of skiing and the pessimist sees six more weeks of cold and snow. The positive realist looks at each day and the possibilities it presents, regardless of the season.



2022 02-02, 5213 - THE GROUNDHOG IS SLEEPING IN TODAY - Groundhog's Day, the mid-point of astrological winter, is the subject of folklore about whether there will be a warming trend ahead or not. It is too cold here for the groundhog to come out, so we will just rely on being grateful for each day.



2022 02-03, 5214 - WHEN THE WOODS GLOW - This time of year there is a fleeting moment before sunset, when all the weather conditions are right, that the trees in the woods glow in the pinkish light. It is another moment when I feel gratitude, peace, happiness, and one with Nature.



2022 02-04, 5215 - AN AFTERNOON WALK - Finally, the cold winter weather warmed up enough for us to take a walk on the old road. A visit here takes me back to a different time when the settlers worked the land. I like to enjoy the quiet and came back feeling rejuvenated.



2022 02-05, 5216 - CHANGES - There is an old folk saying about New England weather, "If you don't like the weather, wait a minute and it will change." We live in a world that is constantly changing and we are a part of it, mentally, physically, or spiritually. We can face change with either love or fear. Belief helps.



2022 02-06, 5217 - SNOW COVERED BEECH LEAVES - I am always looking to Nature for something to help brighten my day, and, after another foot of fresh snow, I observed beech leaves covered with snow, still hanging on to their trees. I smiled, knowing that nature was giving me a gift.



2022 02-07, 5218 - CHANGE OF PLANS - We were scheduled to be on a nine country Caribbean cruise this week, but due to several uncertainties relating to covid, we postponed the trip. I thought about all the times we change plans in our lives, and the times we listened to our inner guidance and the times we didn't.



2022 02-08, 5219 - FIVE O'CLOCK SUNSETS - Finally the sun is setting after five o'clock, a winter ritual that I watch for closely until it happens. Now I will focus on other rituals of late winter like the beginning of maple sap season. These little rituals keep me connected to life on a daily basis.



2022 02-09, 5220 - PERSPECTIVES - I was sure that I saw a Snow God hiding in a fir tree as I gazed out the window. I grabbed my camera. And, when I looked at the image I captured, the Snow God was nowhere to be seen; yet when I looked at the photo, there it was.



2022 02-10, 5221 - A WINTER'S REST - Much of the mountain is now covered with a couple feet of snow, as is the road to the Cabin and Orchard. It is a time for resting and preparing for the surge of energy that is building in Nature and in our minds as we prepare for spring.



2022 02-11, 5222 - WAITING FOR SPRING - The spring tease has begun with temperatures creeping above the freezing mark in the afternoons helped by the increasing sunlight. It is a time to create a plan of action as the calendar is now a third of the way through February. I have begun to feel the excitement.



2022 02-12, 5223 - THE HYPNOSIS GLADE - The last couple of weeks of snow has helped create a full parking lot at the Center as the Backcountry Skiers converge to enjoy the positive energy of the Mountain. We can see all of the changes on the land from the Town Hall parking lot. The energy goes far beyond the Mountain.



2022 02-13, 5224 - VISITING ANOTHER HAPPY PLACE - Having had to change our cruise plans, we decided that it was time to visit another one of our happy places in person on the coast of Maine. It was just a short visit but enough to feel invigorated by the breezes and smells that make us happy.



2022 02-14, 5225 - REFLECTING ON LOVE - Today, Valentine's Day, is a special time to show love and appreciation to others. Whether it is through cards, flowers, candy, or words, love is in the air. Personally, I consider every day a wonderful opportunity to reflect the unconditional love we receive from the Source.



2022 02-15, 5226 - GETTING A LITTLE REST - The lobster boats were resting peacefully in the shelter of Perkins Cove, waiting for the next time they will venture out on the ocean. Just visiting them gave me the opportunity to find peace, happiness, and rest for my soul.



2022 02-16, 5227 - STILL ON MY MIND - Our recent visit to the coast is still on my mind. It was a wonderful little break. I think of all the things that are still on our minds, both pleasant and unpleasant experiences or dreams or worries. Each day I intend to carry positive thoughts in my mind.



2022 02-17, 5228 - A SPECIAL EVENING TREAT - We often get alpine glows in the morning when the rising sun reflects off clouds on the mountains across the valley, but occasionally we get them in the evening with the setting sun. It is a special treat to observe and a reminder that Nature and Life often offer special treats.



2022 02-18, 5229 - A SAFE PERCH - I watched a turkey perched on a low tree limb keeping watch over the land from a safe position. I thought of safe perches for people where they can find a comfortable and positive way to look at life situations without distractions. Nature can provide a safe perch.



2022 02-19, 5230 - BIRCHES - I am not sure when the birch tree became one of my favorites. It may have been when I was a child and admired my great uncle's pastel paintings of Lake Christopher in Maine in the 1920s. They often had birches in them. Anyways, I love to photograph them.



2022 02-20, 5231 - BATTLE OF THE SEASONS - The battle of winter and spring has begun as February slowly yields to March. One day is in the 50s and the next in the 20s with snow. It reminds me of what life is for many people, always involved in some sort of conflict. In life we can set our intentions each day to live with love.



2022 02-21, 5232 - PASSING SQUALLS - The weather forecast cautioned that a fast moving line of snow squalls causing whiteout conditions would race across the mountains in the afternoon. We experienced several of them with sunshine in between. In life, it is our positive loving heart that helps the squalls pass.



2022 02-22, 5233 - ICY DESIGNS - This winter snow has covered the frozen ice on the brook for most of the season interrupting Nature's icy designs. Now that the water has begun to flow again, the designs are back, giving me a lot to think about as I go about my day.



2022 02-23, 5234 - OPEN WATER - The recent rains and stretch of warmer weather has begun to melt the ice covering the small brook running down the mountain. The open water reminds me of when I was a child. We used to sail the world on a raft in the little shallow pond in the field across from our house.



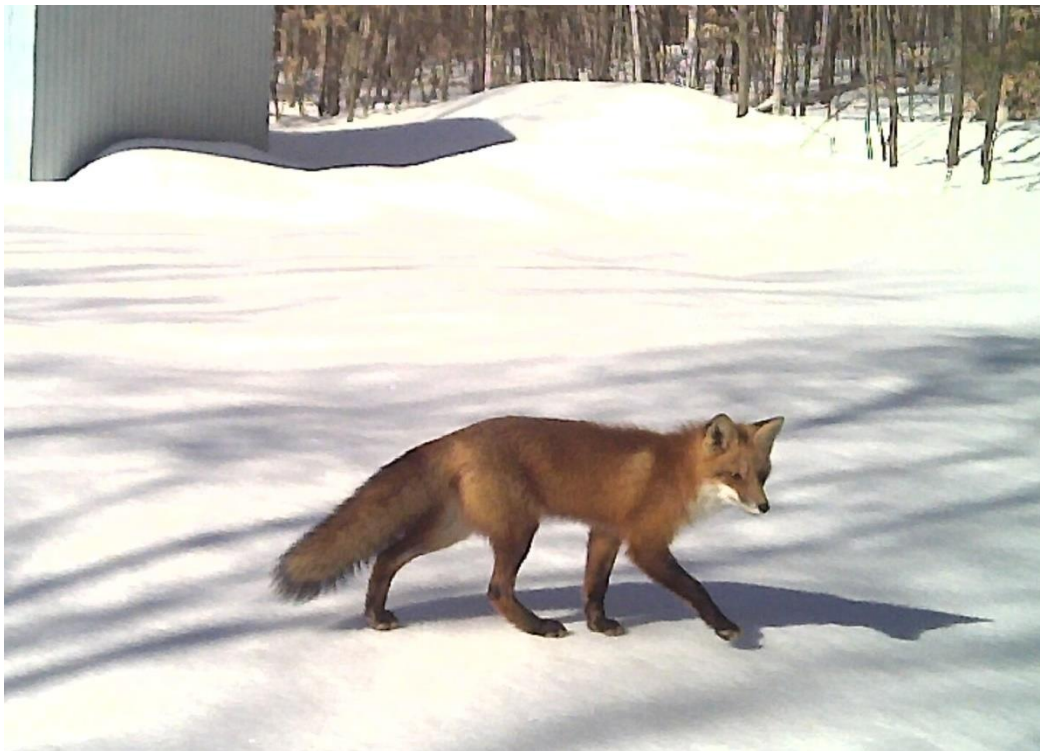
2022 02-24, 5235 - AN UNCOMFORTABLE WALK - We recently went on a very uncomfortable walk on the old road. It was both muddy and icy, and yet we pushed ourselves to step outside of our comfort zones to complete it. When we try to stay just where we are comfortable, it eventually begins to get uncomfortable.



2022 02-25, 5236 - NEW BUDS AND OLD LEAVES - This is the time of year when the beech trees are growing new buds as the old leaves try to hang on. It is time for the new to push the old into the winds of Nature. We are all going through the same as new thoughts and beliefs begin to push away the old.



2022 02-26, 5237 - WINTER COAT - The red fox passing by a game camera was wrapped in a beautiful winter coat of fur. Here in New England various organizations collect winter coats for those in need. Acts of love generate a warm feeling in our hearts to help balance a warm coat in the cold.



2022 02-27, 5238 - FRESH SNOW AND FLOWING WATER - There is something magical about fresh snow and flowing water. It is the blending of two seasons, and, ever since I was a child, I look forward to seeing that scene this time of year. It is another way to experience gratitude.



2022 02-28, 5239 - ICE ANTLERS - Nature provides me many opportunities to find momentary escapes from a harsh world. Recently I marveled at the ice antlers I saw formed in the brook. Just spending a moment appreciating this magical work helps me find balance and happiness in my heart.



2022 03-01, 5240 - AH SPRING (more or less) Today is the first day of meteorological spring. It is three weeks earlier than astrological spring. The outside landscape currently looks more like winter, but in my mind spring has already started, and this spring is a time of reconnecting and updating the past couple of years.



2022 03-02, 5241 - THE SOUNDS OF SILENCE - Recently, before the last snowstorm when the frozen crust could hold our weight, we hiked with a friend up to the Cabin and to the Ledge beyond. "Listen," our friend said, and I responded that I didn't hear anything. That was what she was listening for: the sounds of silence.



2022 03-03, 5242 - A Symbol of Freedom - There is a new symbol of freedom. It is the sunflower, the national flower of Ukraine. The symbol is now displayed by people all over the world. It has the potential to change the world's consciousness.



2022 03-04, 5243 - Nature Is In Control - Even though we are getting closer to spring, Nature reminds us that it is still in control by sending a fresh coat of snow overnight. As much as we would like to control all aspects of our lives, there seems to be a greater plan for us.



2022 03-05, 5244 - FOLLOWING THE HORIZON LINE - One of my favorite "rituals" in the spring and the fall is to follow the setting sun as it moves a little each day northward until it begins to return on the summer solstice. Right now the sun shines through our beautiful leaded glass window's sun. I am grateful.



2022 03-06, 5245 - HOVERING IN THE WINDOW - My wife has a dragonfly mobile thing in the window in her office. A few years ago after she had a car accident and waited for me in a rescuer's truck to pick her up, a dragonfly waited with her. When she left with me, the dragon fly was agitated until set free at our driveway.



2022 03-07, 5246 - TAPPING SEASON - Our maple trees have been tapped and the buckets are now collecting sap to be boiled down into maple syrup that can be enjoyed all year long. It is a spring ritual we look forward to. It is one way we can help spread positivity and joy sprinkled with a lot of happiness.



2022 03-08, 5247 - CLAIMING ITS TERRITORY - A grainy photo from a game camera showed a fox passing by the Cabin with a porcupine claiming its territory, encouraging the fox to leave. I am reminded of people who close their hearts to others due to the fear of being taken advantage of. (again)



2022 03-09, 5248 - ANGRY WIND - In over fifty years of living here on the mountain, I don't believe I have heard as angry a wind as I did the other night. It seemed to cry out for love and peace for both people and the environment. The more we respond in kind, the more the winds of hope will spread what's in our hearts.



2022 03-10, 5249 - NATURE'S GREAT GAME - Nature has begun to play its annual seasonal game called "Is it really spring?" It likes to keep us guessing and confused. Right now the snowpack is disappearing, but snow is forecast in a day or so. During uncertainty, our heart-based love can get us through.



2022 03-11, 5250 - THE GIRLS ARE BACK - The other day I looked out the front window to see the lawn covered with turkeys. There were over thirty females grubbing for food. I knew before long that the spring mating season would begin. Each of us that sends out love is adding to flow of love, like the spring melt.



2022 03-12, 5251 - ANOTHER ONE OF NATURE'S WHIMSIES - I find that almost everywhere I look in Nature, I will find a little whimsy she created just to help my mind escape the pressures of the world for a few precious moments,. Afterwards, I always feel invigorated and ready for my next assignment.



2022 03-13, 5252 - RED SKIES - There is an old saying, "Red skies at night, sailor's delight." That is not always true, which indicates it would be a good idea to have another source or two to get a better forecast. Sometimes our spiritual source has too much. The heart helps bring clarity.



2022 03-14, 5253 - THE YOYO EFFECT - Lately, with the seasons battling each other, time change, Covid effect, inflation, and world tension, it often feels like we are the spool on the end of a yoyo, being yanked up and down. Time to pause and connect to your heart and belief, and think of something you are grateful for.



2022 03-15, 5254 - SAPSICKLES - The squirrels like to chew on the maple branches when the sap is running to sip the sweet liquid. When a freezing day turns to a warm night, Nature creates sapsickles. It is a sweet treat to discover them, and they make my day.



2022 03-16, 5255 - PLASTERED - On a recent walk, I noticed that the trees were plastered with snow on their north sides caused by high winds from a passing storm. It reminded me of the plaster used on walls of buildings and then of the thoughts we have plastered to our minds. Heart love can help them melt.



2022 03-17, 5256 - POWDERED GRANITE DOUGHNUT - Nature served me a sweet treat for my mind the other day. It was a powdered granite doughnut that looked good enough to eat. I knew it wasn't and I thought about thoughts in our minds that are out of context. Your heart is a good place to examine them.



2022 03-18, 5257 - THERE IS A BENCH WAITING - We drove to the coast to take a walk on one of our favorite paths, the Marginal Way. At one point, standing on the top of a small knoll, I could see all the benches waiting for people. I realized that wherever we are there is usually a bench waiting to connect to our heart.



2022 03-19, 5258 - ROCKY COAST - I stood on the edge of the rocky coast of Maine and gazed out over the sea. I thought of the explorers of the past that arrived from unknown places. Here and at home, looking out from the mountain, I feel connected to the vast Cosmos of infinity that exists beyond my gaze.



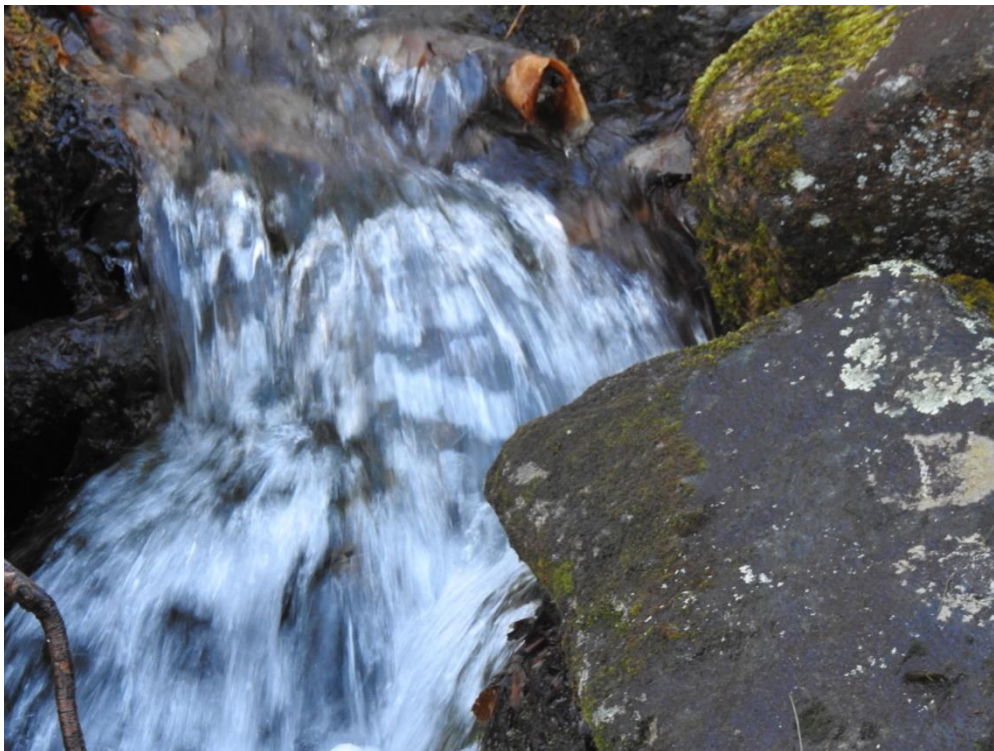
2022 03-20, 5259 - AH! SPRING - Finally, with the first day of spring comes the promise of new beginnings. Sometimes spring warmth does not arrive the same time as the date on the calendar. In life we wait for a certain event and it may or may not happen as expected. This spring is a time to begin again.



2022 03-21, 5260 - POSITIVITY WALL - We have a lot of stone walls in New England because we have a lot of rocks. There is a stone wall in a coastal Maine town that has been adorned with many painted rocks with positive sayings. I wonder how many people have been inspired as they pass by.



2022 03-22, 5261 - WATER POWER - Some hundred and fifty years or more ago, this area depended on the water power from streams and rivers to provide power for mills, from grinding grain to sawing wood. Imagine if we could capture the power of positive thought and use it to change the world.



2022 03-23, 5262 - SPRINGTIME HAPPINESS - Discovering pussy willows in plume is one of my favorite happy springtime moments. There is something about them that touches my heart and creates a warm fuzzy feeling of gratitude that helps me set positive intentions.



2022 03-24, 5263 - A COURAGEOUS LITTLE CROCUS - There it was, just barely noticeable, as it poked its head up through the cold ground next to the snow. It was a courageous little crocus, the first bloom of spring. There are a lot of people who show courage in positive acts of kindness build on unconditional love.



2022 03-25, 5264 - LEFT OVER FROM A DIFFERENT TIME - In the Spring, before the leaves open, I can see into the woods and find remnants of the past, such as the two holding ponds that helped power the bark mill on the property. Even though they are no longer used, their integrity is still relevant today.



2022 03-26, 5265 - POOR MAN'S FERTILIZER - There is an old saying here in New England that snow-fall-in-the-spring-after-the-winter-snow-has-melted is considered to be Poor Man's Fertilizer. In life, the unexpected often creates the opportunity for new positive growth in one's life.



2022 03-27, 5266 - NATURE NEVER DISAPPOINTS - The important thing about experiencing Nature is that it never disappoints. Regardless of the weather conditions, there is always something to discover that gives your mind a brief opportunity to escape and listen to your heart.



2022 03-28, 5267 - LOOKING BACK INTO THE FUTURE - The settlers created water powered mills to help them produce products that helped improve their lives. I wonder what the ancients knew in their advanced civilizations we have not rediscovered yet. I wonder if they knew how to live in peace. I wonder.



2022 03-29, 5268 - A SPRING SURPRISE - It was a partly cloudy early spring day with the temperature in the early forties when suddenly it began to rain what appeared to be white styrofoam pellets that soon covered the ground. It was unexpected and different. I could have easily missed it. I didn't.



2022 03-30, 5269 - TIME TO CREATE A PLAN - Now that the snow has just about disappeared we walked the land to begin to create a plan to re-establish the trails we already have and to possibly create new ones following the skidder roads used last fall. Actually I begin each day setting my intentions. That's my plan.



2022 03-31, 5270 - ONE OF A KIND - The recent cold snap has helped Nature create one-of-a-kind ice sculptures for me to admire. This helps remind me that people are unique and are one-of-a-kind also. Just as the ice sculptures bring smiles to those that discover them, people can use their uniqueness to do the same.



2022 04-01, 5271 - THE FIRST RIDE UP THE MOUNTAIN THIS YEAR - Finally, we felt it was dry enough to take our first ride up the Mountain in the Cat this year. We cleared away some debris on the way, while enjoying getting acquainted with the land again. I am reminded that each day, wherever we are, is a new adventure.



2022 04-02, 5272 - WAITING FOR THE GREEN - I recently took a photo of the beautiful spring landscape from the Orchard looking out at the mountains, and when I saw what I had taken, it looked drab. I didn't notice that when I was there. Soon the greens of spring will bring the beauty out. Sometimes it takes a while for our inner beauty to show.



2022 04-03, 5273 - ALWAYS A GOOD SIGN - Now that the snow has mostly gone, I am always on the lookout for heart signs on the bare ground. To me, finding a heart is the validation that I am not alone on my soul's path. These signs bring a smile to my face and a warm fuzzy feeling of happiness in my heart.



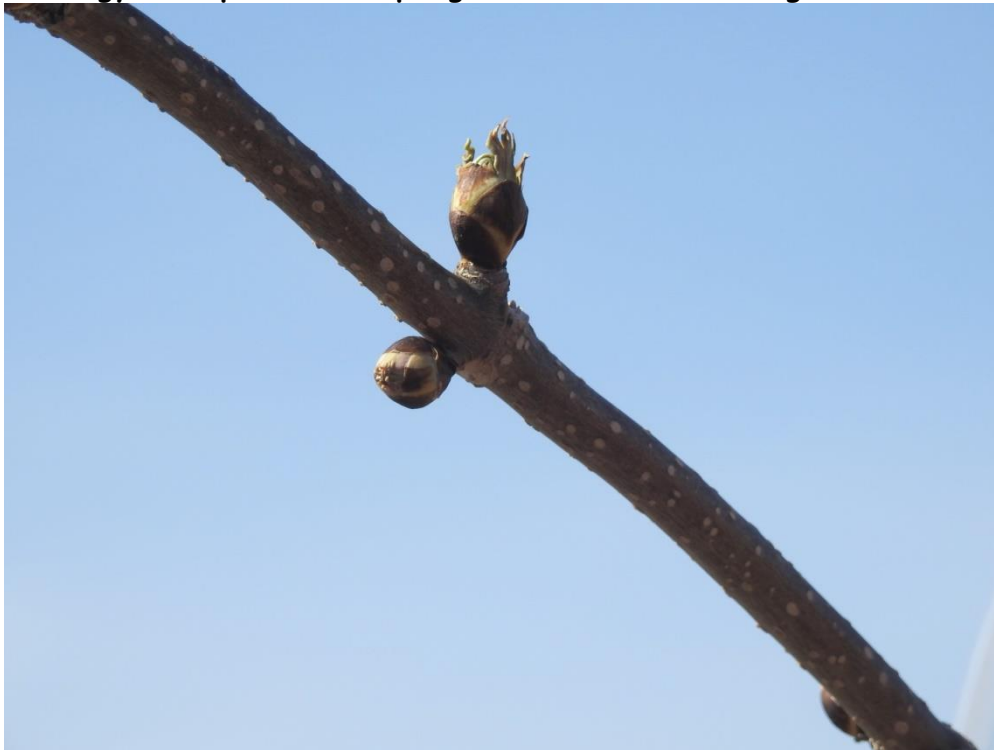
2022 04-04, 5274 - FINALLY, THE ROBINS HAVE ARRIVED - Sometimes the Robins arrive in February or March, but this year it was the first week of April. It is one of my spring rituals to watch for Robins on the front lawn. To me it is a sign that life is returning to normal and now the pace will really pick up.



2022 04-05, 5275 - BIG BIRD - The other day we noticed a road kill in front of our house. We watched some ravens begin to peck at it and then a bigger bird showed up and then a really big bird came. It was a premature bald eagle. You never know what appears in the moment.



2022 04-06, 5276 - READY - Nature is finally ready to help the green leaves, grass, and flowers open to a world of warm sunlight as we are all ready to set our winter dreams into reality. The air is filled with the energy of expectation. Spring and our heart-based goals can no longer be denied.



2022 04-07, 5277 - THE MANY MOODS OF NATURE - Nature and humans each seem to have many moods. Humans have what is called "free will" or, through their ability to think, they can set their intentions to experience heart-based positive moods regardless of what the weather is doing.



2022 04-08, 5278 - BROKEN PIECES - The large flat foot thick rock was broken into several pieces by heavy logging equipment last fall. It reminded me of people who were thought to be solid as a rock but had something shatter their hearts. Love can be the glue to mend a heart again.



2022 04-09, 5279 - PUSHING UP THROUGH THE LEAVES - I had not had a chance to pull the leaves away from the stonewalls where the daffodils are planted, and the other day I went looking and found some shoots pushing up through the leaves. People sometimes find barriers holding them back until they find a way to daylight.



2022 04-10, 5280 - TIME TO REPLACE - One of the winter casualties on the trails was the uprooting of a sign tree that partly blocked the route. I cut it up and now we need to replace the signs that were nailed to it. From time to time we find we need to replace old situations in our lives as we prepare for the next adventure.



2022 04-11, 5281 - THE PERFECT HOST - The tree was bathed in sunlight and the fungus on its bark glowed. To me, at that moment, it appeared as the perfect host. The tree had no choice. People can become perfect hosts for thoughts and beliefs that they have acquired from others. They may or may not fit the greater good.



2022 04-12, 5282 - RAPID CHANGES - In New England there is an old saying, "If you don't like the weather, wait a minute." I was reminded of this recently as I drove in and out of rain. Then I watched the fronts move through the Mountain. At least people can take a breath to slow down their thoughts.



2022 04-13, 5283 - NEW VIEWS - We are still discovering new views after last fall's logging. Actually, life offers us the opportunity to discover new views of ourselves and the environment every day. We can choose to see them or not.



2022 04-14, 5284 - FROM CABIN TO CABIN - Recently we purchased some pine lumber that had been salvaged from the interior of a log cabin with intent of using it in our off-grid cabin. I think of all the people that re-appropriate material, and even ideas, to create something new.



2022 04-15, 5285 - A LITTLE ALIEN - I noticed a small white rock resting on the edge of a large boulder at the Center. It looked like what I thought an alien would look like. I also realize that the veil between worlds has become thin and people are connecting to their intuitive abilities whether they want to or not.



2022 04-16, 5286 - CREATING A NEW TRAIL - Now that Spring is here, we are busy creating new trails on the land. We work with the terrain, going around big obstacles like tree stumps and large rocks. Every day we have the opportunity to create new trails in life whether just in our minds or actual physical construction.



2022 04-17, 5287 - A SYMBOL OF PEACE, LOVE, PURITY - Several of the world's religions are experiencing major celebrations this time of year. The Easter lily is a beautiful symbol of peace, love, and purity. Let us hope that the world will come together to find the way to peace.



2022 04-18, 5288 - A SPLASH OF YELLOW - Finally, my eyes were greeted with a splash of bright yellow as I gazed out the front window. The daffodils have begun to open. Now I can celebrate spring as I watch the grass greening up. My heart sings along with the birds and my goal is to reflect that joy in all aspects of my life.



2022 04-19, 5289 - LOOKING AT THE FUTURE - I paused and took a moment to look at the future in a tiny fir tree some six inches tall. I know that if it is nourished by Nature, it will grow to maturity and spread its seeds for future growth. The same is true with the children and young people of the world.



2022 04-20, 5290 - I KNEW IT WAS GOING TO HAPPEN - We had a wonderful walk in the afternoon, finding mayflowers in bloom, lupine beginning to grow, and the swallows staking their claims to bird houses. The forecast was for snow and the next morning the ground was covered in the white stuff. We were prepared.



2022 04-21, 5291 - PAUSING FOR A MOMENT TO TAKE IT ALL IN - Recently we came upon two people sitting on the bench in a corner of the Lupine Field taking in the magnificent view. I asked permission to share a photo of the scene, knowing that their experience just might inspire others to pause wherever they are.



2022 04-22, 5292 - TINY LUPINE - One of our spring rituals as soon as the field on top of the mountain has dried enough to walk on, is to search for the tiny lupine plants that will bring a crop of beautiful flowers in June. Tiny positive ideas in our minds can do the same when we give them a chance to grow and flower.



2022 04-23, 5293 - READY AND WAITING - We dragged the glider out of storage and placed it where we could look out at the orchard and mountains beyond. It is now ready and waiting for us to sit. I am always amazed at how often we get things ready and waiting and then don't utilize them. Now is the time.



2022 04-24, 5294 - TINY DAFFODILS - Another splash of yellow greeted us out the window to my wife's garden. We had forgotten that we had planted some miniature daffodil bulbs last fall.



2022 04-25, 5295 - STANDING WATCH - I spotted a tiny dot of blue near the lower end of the Lupine Field. It was a bluebird perched on a two foot tall stalk, left over from last year. I thought of all the people who are now watching situations in the world and ready to spread positivity and love where it is needed.



2022 04-26, 5296 - ALMOST HIDDEN - We knew where they were so we looked for them along the trail. The tiny fragrant flowers were almost hidden by last year's leaves that covered the ground, but we found the Mayflowers. There are many positive things in life that remain almost hidden unless someone recognizes them.



2022 04-27, 5297 - THE QUILTING TABLE - My wife has a quilt-in-the-making laid out on the table in her sewing room, and I was reminded by her methodical methods of how we have the opportunity to piece together our positive gifts and abilities to create a method of enriching other lives through love.



2022 04-28, 5298 - A SPECIAL FRAGRANT BOUQUET - My wife picked a special beautiful, fragrant, bouquet of mayflowers that she placed on the dining room table, and I pause often to experience the aroma. What if every act of kindness was considered a beautiful bouquet?



2022 04-29, 5299 - LOOKING INTO A FORSYTHIA BUSH - Did you ever wonder what it would be like to be able to fly like a bumble bee inside a forsythia bush, surrounded by brilliant yellow flowers? We live life either engaged or detached. A balance of both may be the best.



2022 04-30, 5300 - SURROUNDED BY LOVE - When I think of heart love, I think of the center of the Cosmos and a source of positive energy that is in everything, including our thoughts. My goal is to let that energy flow through me and out into the environment. In return, I am surrounded by that love.



2022 05-01, 5301 - CONTRASTS - The evening sky presents a fascinating view of contrasting colors, and I thought of life itself and how it is filled with contrasts, and I wondered what it would be like to live in a world with no contrasts. There would be no opportunity to learn by comparing differences.



2022 05-02, 5302 - WELCOMING MAY - As we welcome the month of May and its promise of warmer weather, I think back to an old custom rarely celebrated any more, hanging May baskets on a friend. Today we can give others positive words and actions rather than candy. Sharing is still in fashion all year.



2022 05-03, 5303 - A PERFECT MAY AFTERNOON - For the first time this year the temperature reached 70 degrees and I sat on a bench on the mountain taking in the beauty of Nature. My heart was filled with gratitude for this special experience, and I set my intentions to remember and share that love in positive actions.



2022 05-04, 5304 - WHERE THE FAIRIES LIVE - My wife discovered it first, a little fairy house right in plain sight, near the Cabin. To me it was proof that we are indeed surrounded by magic. I think everyone needs a little magic in their lives. Thank you, fairies!



2022 05-05, 5305 - LITTLE BLUE VIOLETS - I love to discover tiny flowers blooming in the orchard, like the wild blue violet. They are like smile buttons for my eyes to push, causing my heart to take in the loving energy that surrounds me. I know the experience will stay with me long after.



2022 05-06, 5306 - CLEANING THE TRAILS - So far this spring we have been able to clear away most of the big obstacles blocking the trails. The next step is to clean away the smaller debris. It is tedious work for just the two of us, and we can always use help, but it also is very rewarding to meet someone enjoying a hike.



2022 05-07, 5307 - PLACING NEW MARKERS - One of our spring rituals is placing new trail markers and replacing old ones as we ready for the seasons ahead. My wife uses the plastic lids we collect off containers and labels them for hikers to follow. Life is full of trail markers to guide us if we pay attention.



2022 05-08, 5308 - MOTHER'S DAY - As we celebrate Mother's Day I think back to my and my wife's mothers and how they raised two beautiful families, and to my wife and our two gifted children, and to our two grandchildren and the joy they give us. I think of what my wife has taught me in striving for excellence.



2022 05-09, 5309 - NATURE LEAVES GIFTS - We recently discovered some white quartz just lying on the ground, probably winding up there after the earth was disturbed during logging. Nature is always leaving us little gifts that continue to inspire us to pay them forward in positive actions.



2022 05-10, 5310 - FULL OF GEMS - It is always fascinating to study some of the smaller rocks on the mountain that appear to be full of all kinds of gems such as quartz, mica, and black tourmaline. People contain hidden gems of talent and wisdoms that often go unseen.



2022 05-11, 5311 - RED SKY DARK SEA - I awoke to a red glow in the sky and as I looked out at the ocean, the sea was dark and foreboding. As I snapped a picture, I thought of the messages Nature was sending. There was beauty and a warning all at the same time. Life offers us many clues as we sail on our journey.



2022 05-12, 5312 - SHAPED BY THE WIND - The small evergreen on the edge of the ocean has been shaped by the wind. I think of people who have been shaped by childhood influences, both positive and negative. Fortunately, people can reshape their lives by changing old beliefs.



2022 05-13, 5313 - THE SURF IS UP - The ocean storm off the coast brought large waves and high surf and strong wind along the shore. It was not the time to venture out on the sea. Sometimes, in the storms of life, it is much better to keep a safe distance until the situation has calmed down.



2022 05-14, 5314 - PRIM AND PROPER - The small brilliant colored primrose are now in blossom. Their perfection brightens up the landscape as spring moves onward. I am reminded of when we set our intentions for the day and beyond, the perfection is prim and proper goal. That in itself is perfect.



2022 05-15, 5315 - THEY ARE NOT FORGOTTEN - The forget-me-nots are beginning to bloom. I look forward to them every year as they continually spread across part of the lawn. I am reminded of people we remember who have taken positive actions that continue to benefit others. They are not forgotten.



2022 05-16, 5316 - COVERING THE GROUND - Another one of spring's little gems is now blooming in places where it covers the ground. Ground phlox provides a beautiful carpet that brings a smile of appreciation to my face. They spread each year, just as acts of kindness do when people plant them with love.



2022 05-17, 5317 - NO MOW MAY - There is a movement in this country with the slogan, "No Mow May". The goal is to have people refrain from mowing their lawns and fields in May, to help provide nourishment to the honeybees whose numbers have been dwindling. Good Idea!!!!



2022 05-18, 5318 - A POND FULL - Several years ago, thanks to several volunteers, a small "frog" pond was constructed at the Center. A few flowering water plants were introduced and today we have a pond full of flowers. Imagine if positive thoughts and actions were to spread like the flowers in the pond.



2022 05-19, 5319 - TINY TRANSPLANTS - There is a little clump of flowers close to the frog pond that I transplanted several years ago. The blossoms are very tiny, but they come up every year. There are invasive transplants that take over that remind me of negative thought patterns we have transplanted to our minds.



2022 05-20, 5320 - THE FRAGRANCES OF SPRING - All of a sudden, I caught the fragrant smell of lilacs in the air. And I paused for a moment and took a deep breath as my heart filled with gratitude. It was a powerful moment, one I only experience when the lilacs are in bloom.



2022 05-21, 5321 - WAITING FOR A BEE - I didn't see any bees around the new apple blossoms. Is this happening all over the world? Then I thought of how we could pollinate positive actions, not only for the bees, but, for people as well.



2022 05-22, 5322 - NEW GROWTH - The light green tips of the spruce trees indicate their new growth. Soon they will darken to match the rest of the tree. Thanks to the events of the past couple of years, everyone is growing whether they want to or not. We each can benefit by it if we so choose.



2022 05-23, 5323 - FULL OF NOURISHMENT - The crab apple tree on the front lawn is currently covered with blooms. It gives nourishment to the bees and later, when the fruit matures, to the birds. For all of us fortunate to pass by, it provides spiritual nourishment all year long.



2022 05-24, 5324 - CHANGING WORLD - The other day we were visited by a young bear about noontime. Usually they come at night, but I suspect this bear was a little confused, having recently been "kicked out" by his mother. I think of when I graduated from high school and how I felt the day afterwards.



2022 05-25, 5325 - WILD PINK BEAUTY - There is a little woody pink wild bush that graces us each year with beautiful pink blooms that can often go unnoticed with all the other flashier wildflowers. It reminds me of people who have amazing gifts and abilities to share, but often go unnoticed.



2022 05-26, 5326 - FROM DAWN TILL DUSK - My wonderful student from years ago, a master gardener, spent last week preparing new places for flowers at the Center as well as developing better drainage. He worked from dawn till dusk. Imagine if we all spread love the same way.



2022 05-27, 5327 - PINK LADIES - I must admit I am in love with the pink ladies in the woods. The Lady Slippers are now showing off their beauty, often hidden away from those that pass by. I love to discover hidden gifts and bring them into view.



2022 05-28, 5328 - FRAMED BY AN APPLE TREE - I love to look at the mountains from the old orchard and recently photographed my favorite mountain looking through one of the trees. People try to frame a favorite memory that sometimes looks differently when one stands back and sees the whole picture.



2022 05-29, 5329 - THE LUPINE SHOW IS JUST BEGINNING - One of my favorite times of year is when the lupine are putting on their show in the Lupine Field. The mountains in the background provide the perfect setting for creating positive memories to experience it in the future.



2022 05-30, 5330 - FOCAL POINTS - One of the benefits of looking for podcast subjects is that looking for material requires me to focus on scenes in Nature that I might otherwise overlook. Sometimes I can find many different focal points when I view life from a distance.



2022 05-31, 5331 - FRAGRANT LITTLE LILIES - The small lilies-of-the-valley have a strong smell. They spread rapidly and I think of people who have the ability, when called upon, to step up and create major positive changes that spread and continue to spread.



2022 06-01, 5332 - A REASON TO SMILE - I am so grateful for the beautiful flowers I encounter every day. They bring a smile to my face. I am also grateful for all of you that create acts of kindness that help others smile. I smile at those also.



2022 06-02, 5333 - COMPLEX BEAUTY - The giant Iris flowers are so big and heavy they can cause the stocks to bend on a windy day. I find them complex in design and very beautiful. I think of the unique complexness of every person and marvel at the abilities often hidden from others.



2022 06-03, 5334 - BLUEBIRDS - As I stood at the top of the Lupine Field admiring these beautiful flowers, I caught a flash of blue in the trees on the on the edge, and, as I watched, a bluebird landed on a birdhouse. It was a wonderful moment as all my other thoughts drifted away in my gratitude.



2022 06-04, 5335 - A VISIT FROM THE NEIGHBORS - Recently, the Cabin was visited by some of its neighbors who came over to check things out. These neighbors were a family of four bears, the mother and three yearlings. The mother is preparing them for life on their own just as human families do.



2022 06-05, 5336 - TWISTED HEART - The tree survived the winter winds only to fall victim to the forces of spring that caused it to twist and break. The wound seems to appear in a heart shape and reminds me of how people can get twisted up in thought patterns that do not apply to them. People can change.



2022 06-06, 5337 - THE CURRENT VIEW FROM THE BENCH - We sat on the bench at the top of the clearing admiring the mountains across the valley, the swallows swooping across the field and the beautiful lupine blooms right in front of us. It was a scene to be grateful for all year long.



2022 06-07, 5338 - IN A PERFECT WORLD - The picture from the top of the Lupine Field with the mountains in the background is perfect, something we rarely obtain in our minds. The question is, "What is perfection?" Is it the result, or, the intent to do it the best we can? The Lupine Field has been a slow process.



2022 06-08, 5339 - AN ARTIST AT WORK - Recently a gifted artist friend immersed herself in painting at the top of the Lupine Field. It is a happy place for her, and she spent several hours there. She is an inspiration for all of us to embrace our natural abilities, as we are all artists, differently.



2022 06-09, 5340 - AN AFTERNOON CONVERSATION - I spent the afternoon on my riding lawn mower cutting the grass at the Cabin as well as a path through the Orchard and the sides of the road up to the Cabin. As I finished, I noticed a deer grazing where I had just cut. I had a nice conversation with it.



2022 06-10, 5341 - BEAUTIFUL BLUE FLAGS - June is finally busting out all over. The flowers, including beautiful blue flags, create a landscape pallet that is a feast for the eyes. It is a time to be grateful and to pass your gratitude on to others with positive acts of kindness.



2022 06-11, 5342 - FEATHER IN THE GRASS - A black spot in the grass at the top of the Lupine Field caught my eye. And, upon investigation, I found a shiny black feather probably left there by a raven. I felt it was a sign from Nature that our positive intention for the land was appreciated.



2022 06-12, 5343 - WASHED UP BY THE TIDE - On a recent walk along the shore of the ocean, I spotted a driftwood seat that I assumed was washed up by the tide. It waited there for someone to occupy it until it set sail again. There are always treasures to find along our walk of life.



2022 06-13, 5344 - A GLOVE THAT FITS PERFECTLY - I have many pairs of gloves: work gloves that protect my hands, and cold weather gloves that keep them warm, but it seems like they are never quite the perfect fit. However, then there are the wildflowers, like foxglove, always a perfect fit for my eyes.



2022 06-14, 5345 - MEDITATING IN THE LUPINE FIELD - The June day was perfect for a brief meditation at the top of the Lupine Field with a background of flowers, Davis Pond and the mountains beyond. Some meditators can recall perfectly the experience, while others just connect to a higher power.



2022 06-15, 5346 - YELLOW DAY LILIES - One of my favorite early summer flowers is the yellow day lily. Their cheery blooms are a welcome sight indicating that summer is really here. It seems as if I spend a good part of my day in waking meditation, filled with gratitude, appreciating the flowers.



2022 06-16, 5347 - SPONGE MOSS - I noticed some moss growing on the side of a trail that looked as if it was some sort of sponge and water absorbent. I'm not sure if I've seen that variety before. It was just another oddity of Nature. At least it was odd to me, but perhaps normal to others.



2022 06-17, 5348 - LIFE IN PERSPECTIVE - Standing on top of a mountain can give someone a different perspective of life. It is a moment when you can consider the past, present, and future without the intrusion of a busy world below. Then when you descend, you may see things differently.



2022 06-18, 5349 - PINK COLUMBINE - We have different colored columbine on the land. Some grow in the flower gardens and some naturally grow up on the mountain. Each plant seeks to attract pollinators to insure the next generation. People are like flowers, each one unique, born with a purpose.



2022 06-19, 5350 - A VISIT FROM THE BIG BOY - This has been the year for bears. We have been visited by a mother and yearlings, a mother and a small cub, yearlings set free to be on their own and the big boy looking for food. With wildlife one needs to be mindful and enjoy at a safe distance.



2022 06-20, 5351 - THE WILD LAWN, PART TWO - Now that the forget-me-nots have finished their show, the tall slender cone flowers have taken over. I look forward to this part of the season, and, when it is over, I will more than likely mow the area. There is always something in the wild lawn to discover.



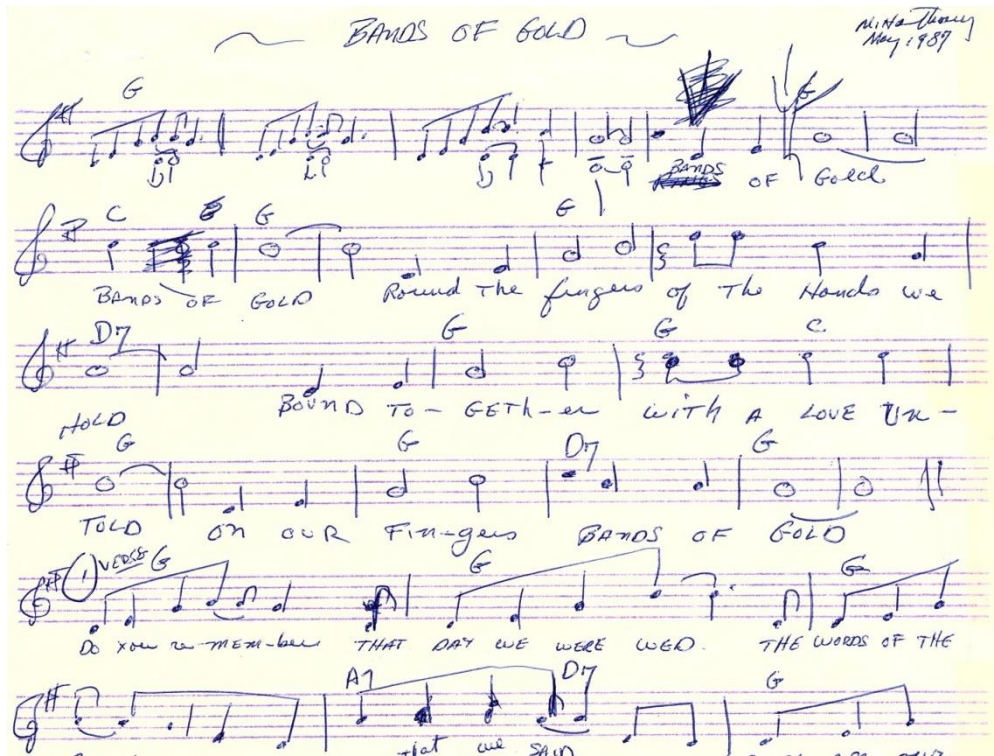
2022 06-21, 5352 - A WALK IN THE LABYRINTH - Recently a friend cleaned the labyrinth of winter leaves and debris, and it is ready for all those that walk it this summer and fall to contemplate, meditate, and reenergize. It is a great place for kids to follow or run its path. There is always a labyrinth in your mind.



2022 06-22, 5353 - SWEET TREATS - The wild strawberries are now yielding their sweet treats, often hidden in the tall grass. The birds, chipmunks, and squirrels are enjoying feasting on them. I used to, but it is a long way down to the ground, so I look for other treats that are better options.



2022 06-23, 5354 - BANDS OF GOLD - Today is a very special day. It is our 60th wedding anniversary. In honor of this special lady that married me, I am including a recording of a song I wrote for our 25th anniversary and rerecorded for our 50th by our children and grandchildren.



2022 06-24, 5355 - FRESH HERBS - We have some perennial herbs growing in the flower garden by the Cabin that were planted before we took ownership. Maybe this year we will harvest some. There is nothing like fresh herbs to enhance a meal. There are a lot of things that can enhance our lives.



2022 06-25, 5356 - PRECARIOUS POSITION - There is a big dead pine on the side of one of our new trails created by last fall's logging; it is missing about half of its trunk. It is perched in a very precarious position, ready to fall at any time. I am reminded that we all face many precarious positions in life.



2022 06-26, 5357 - SUMMER VIEWS - Now that summer has finally arrived, the ever-changing views from the mountain are always delightful. I believe that each of us has special places to visit to regroup, whether in person, from our memories or from our imaginations.



2022 06-27, 5358 - DAISIES - When I see wild bouquets of daises shining brightly in the Lupine Field, I am reminded of the song "A Daisy a Day". My heart sings along with their beautiful dance in the summer breeze. There are so many flowers to be grateful for this time of year.



2022 06-28, 5359 - NEW ADDITIONS FOR THE FAIRY COMPLEX - The Fairy complex nestled around an old stump on the edge of the Lupine Field has recently received some new additions. I'm not sure who keeps an eye on the fairies, but I am so grateful that others recognize the magic there.



2022 06-29, 5360 - FINDING YOUR BALANCE - There is a glacial erratic known as the Balance Rock on the shoreline of Bar Harbor ME that was deposited by the last Ice Age. I am reminded that it is our belief which gives us balance when life seems to be on a precarious perch.



2022 06-30, 5361 - CROWN VETCH AND CLOVER - One of my favorite walking meditations is through Nature's beautiful wild floral arrangements like the crown vetch blooming in the middle of pink clover. There are also many beautiful arrangements in our lives that appear along the path of our soul.



2022 07-01, 5362 - THE FIRST ORANGE LILIES OF THE SUMMER - I have been waiting for the first of the orange day lilies to open and now they have. I often use Nature as a way of keeping track of the seasons. There is always something new to discover all year long as we walk the path of our soul.



2022 07-02, 5363 - BEACONS OF LIGHT - We love to visit and photograph lighthouses, as we recently did on the coast of Maine. The Bass Harbor Light is a unique one tucked away above the ocean with a stunning view. Some people are like lighthouses who shine their spiritual lights to help others.



2022 07-03, 5364 - SETTING SAIL - We paused from our walk on the edge of the harbor to watch a large boat under sail. It traveled across the bay and eventually dropped its sails close to where we were. It reminded me of how people set sail every day on the waters of life.



2022 07-04, 5365 - UNFURLED - The American flag unfurled and flying free is a beautiful symbol of the freedoms we currently enjoy in this country, and today we celebrate all those that came before us with infinite wisdom who created the fabric through which the flag continues to fly.



2022 07-05, 5366 - SALT AIR AND ROSES - There is something about the moist salt air of the ocean that provides just the right environment for roses to flourish with a beauty hard to achieve inland. People can be affected by the right environment, internally and externally, that brings out their abilities.



2022 07-06, 5367 - MILKWEED - The milkweed is blooming in the Orchard and Lupine Field. The small flowers develop in a round cluster providing space for butterflies to land and bees to collect the nectar. In the fall the seed pods will release their seeds on the wind, just as people seed positive acts.



2022 07-07, 5368 - ENJOYING THE LUPINES ALL YEAR ROUND - Thanks to the acquisitions of two special landscapes painted by Mary Bastoni, we are now able to enjoy the lupines all year round. Paintings or photos are wonderful ways to refresh one's memory of Nature's healing beauty.



2022 07-08, 5369 - STEPPING THROUGH THE OPENING - At the top of Kyle's trail, you can step out into the wide open scenic vista at the top of the Lupine Field. I am reminded that each of us has the ability to step through an opening and into their unconscious mind to tap into something beyond.



2022 07-09, 5370 - SEVEN YEAR WAIT - Seven years ago we transplanted a dozen hydrangea bushes to the Center from another place where they were in the way of progress. It took some time for the plants to begin to mature. The waiting is over. Sometimes positive acts take time to mature and flower.



2022 07-10, 5371 - BEAUTIFUL BROWN EYES - Eyes are full of stories, some happy and some sad. I learn a lot about people by watching their eyes. There are also beautiful eyes in Nature, including brown eyed susans. When you open your mind, you can hear their stories also. Life is full of stories.



2022 07-11, 5372 - RED DAY LILIES - I now have red day lilies flowering at the Center. Each different color is special and each bloom lasts for a day. It reminds me of the power of the moment and how, when we not aware of that, we miss a lot in life, whether flowers or special moments with people.



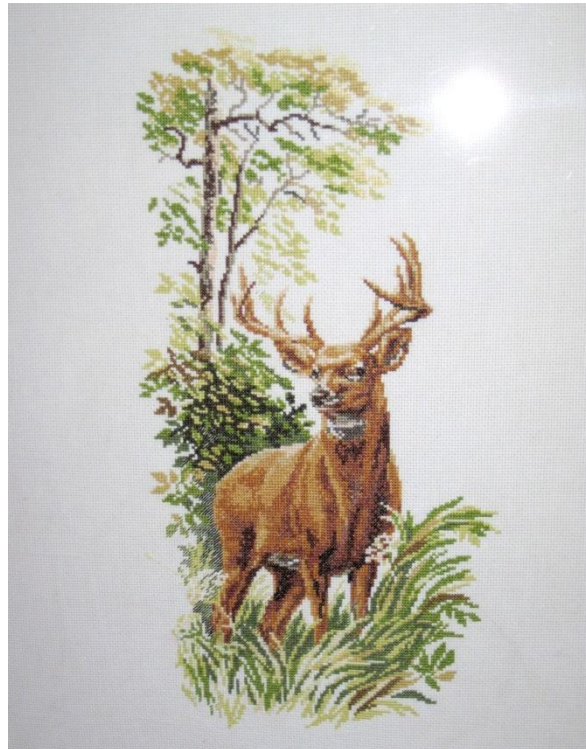
2022 07-12, 5373 - A VERY SPECIAL ROSE - In the spring of 1993 we had some drainage work done by the local high school vocational department. The next spring my wife's father passed and that summer a wild rose sprang up where the work was done. It still blooms each year. It is a special rose for a special person.



2022 07-13, 5374 - A MOUNTAIN TO MOVE - The big truckload of stone we recently had delivered looks like a mountain as it waits to line our driveway. I am reminded of a distant relative, Edgar Welch, who literally moved a mountain, working nights, year after year. Persistence is the key.



2022 07-14, 5375 - DEER TO MY HEART - The other day we received a special package in the mail from a friend that loves to visit the land. She had been working on a cross-stitch deer for over a year, and the timing was perfect. It was another sign that I am not alone on my soul's path. I am grateful.



2022 07-15, 5376 - USING YANKEE INGENUITY TO CREATE A STONE SCOOT- Looking for the best way to move our "stone mountain", I thought of the settlers and how they cleared the land by making sleds called scoots to be pulled by oxen or horses. We used plastic sleds to solve the problem.



2022 07-16, 5377 - SEAT OF THE DAY - I am so grateful to have many different seats in Nature where I can pause, rest my body and my thoughts for a few moments and take in the splendor that surrounds me. The other day it was a view of the orchard and mountains beyond. We all have places to pause and reflect.



2022 07-17, 5378 - THE EVENING SUN SHINING THROUGH THE GRASS - We sat on a bench at the top of the Lupine Field watching the setting sunshine through the tall grass. The scene sparkled as the grass danced in the breeze. We found ourselves absorbed in Nature.



2022 07-18, 5379 - DOUBLE THE PLEASURE - The double orange lilies are beginning to bloom, and I am reminded of all the acts of kindness done for others that serve to give us pleasure as well as the recipient of the act. It is a great feeling.



2022 07-19, 5380 - LOOKING BACK - A viewer asked me the other day what it looked like when I looked back in the other direction from the seat by the orchard. It is a view of the entrance to the Cabin and the road approaching it and the Orchard. We do have choices in life, to look back, or look forward to the future.



2022 07-20, 5381 - A CASUALTY OF THE RAIN - It was a rainy evening when we heard a big crash that shook the house. Looking out the window we saw an old dead birch tree lying on the ground, a casualty of the weather. It was a reminder to always be aware of potentially dangerous conditions in all of life.



2022 07-21, 5382 - THE PHLOX ARE FLOWERING - As the parade of beautiful summer flowers continues, I am excited to discover the first of the phlox flowering. One of the keys to life is to feeling excitement and joy every day as you make marvelous discoveries.



2022 07-22, 5383 - A PEACH OF A LILY - My favorite lily of the moment is a peach colored day lily. What I love about having a variety of lilies is that they do not all bloom at the same time. I am reminded of favorite flavors of ice cream. We have one favorite until we find another favorite.



2022 07-23, 5384 - JUST BEFORE NIGHTFALL- Just before nightfall, when the setting sun has disappeared behind the mountains, it creates a backlight setting, silhouetting the landscape. As darkness envelopes it, we are filled with anticipation of the approaching night and the next day.



2022 07-24, 5385 - PERFECTION - Every time I take a photo, I strive for perfection. Rarely does that photo turn out perfect, at least in my eyes. Perfection in life is hard to obtain, and I have come to realize that real perfection is one's intention to do something perfectly.



2022 07-25, 5386 - HEAT WAVE - A heat wave is three days or more in a row of 90 degree or more weather. It is a time to limit outdoor activities, to stay as cool as possible, and keep hydrated. It is easy to forget when we are absorbed in life. It all comes back to setting intentions to be mindful of the moment.



2022 07-26, 5387 - MID-SUMMER YELLOW - The mid-summer day lilies are adding their light colors to the buffet of flower blooms. I consider people like flowers, who bloom when they share their abilities with heart based love for others that they may or not know. Like flowers, they bloom whenever it is time.



2022 07-27, 5388 - LAZY AFTERNOONS - With the summer heat reaching all-time highs, many people are retreating to air-conditioned places or cool spots in Nature, especially in the afternoons. I am reminded of the lazy afternoons as a child that I spent at the lake or hanging out on the front porch. Sometimes it is good to be lazy.



2022 07-28, 5389 - HOSTAS - The hostas are an interesting plant with large green leaves and small flowers on tall stems. At first glance the flowers go unnoticed. Often people with abilities can go unnoticed because they are not as "flashy" as others. Just stand tall and believe in your gifts.



2022 07-29, 5390 - STEP BY STEP - Sometimes the goals we have set for ourselves in life seem out of reach, and it is tempting to give up. If your goal still rings true in your heart, remember that each step you take along your path will get you there or to a place even better. Trust and believe.



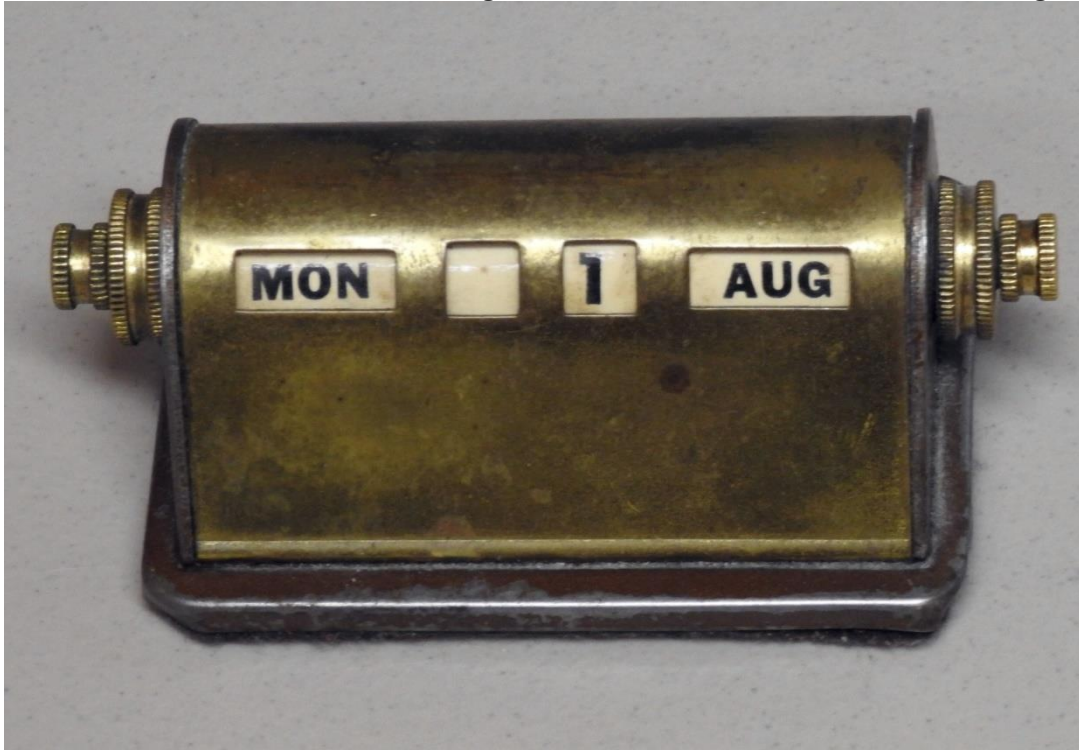
2022 07-30, 5391 - A RABBIT IN THE FLOWER - I recently took photos of the lilies that I planted couple of months ago. I noticed a face peeking out of one of the blossoms. My wife said it was a rabbit, and sure enough I saw it. I love it when Nature shows us animal spirits.



2022 07-31, 5392 - SPIREA - Over fifty years ago my parents gave us a package of shrubs and trees that were advertised on the back cover of Parade Magazine. Three still survive, including spirea, a plant with small pink blossoms that when it is pruned continues to grow new flowers. People's abilities can dry up if left alone.



2022 08-01, 5393 - IT'S TIME - Now that the calendar page has turned to August, if one is going to enjoy summer, it's time to start. People who have been thinking of change are now realizing it is time to start on those life changes that their hearts have been hinting at.



2022 08-02, 5394 - FINDING HAPPINESS - I was recently sent a photo of me playing a concert on a beautiful evening at the edge of a lake. That was a happy event. Not only did I enjoy playing, but it was in front of a live group of people who also appeared happy. For me it is the interaction of energy.



2022 08-03, 5395 - SUMMER EVENINGS - I think back to pre-air-conditioning days when people used to build screened porches onto their houses so they could spend summer evenings out in the air free from bugs. It was a time when one could hear the crickets sing. Now, people are building porches again.



2022 08-04, 5396 - AUGUST FLOWERS IN THE LUPINE FIELD - The August flowers in the Lupine Field are now beginning to bloom. The blue, ragged robin and the golden rod, as well as brown eyed susans, all contribute to a beautiful wildflower garden. No matter what the season, there is always something beautiful waiting.



2022 08-05, 5397 - PASSING THE TORCH - Recently the Hathaway-Bennett family band made a rare public appearance when it debuted two gifted fourth generation members, Madison LaForce on voice and Josh Adams on guitar. You could see how proud our oldest member was as he watched the youngest play.



2022 08-06, 5398 - MORE AUGUST JOY - As the August days begin to slip by, life often gets busy, and it can be hard to pause and find joy in each day. Flowers are a good way to bring us back to the moment, giving us the opportunity to feel gratitude in our hearts, so take a deep breath and experience a moment of joy.



2022 08-07, 5399 - MORNING MIST - Hot days and cool nights create a morning mist in the valleys that hint of the season to come. It is a great time to start the day appreciating all the positive things that take place, often going unnoticed.



2022 08-08, 5400 - PODCAST 5400 - Today is podcast #5400, sort of a milestone for me. I started in 2006, and now in 2022 I still reach to Nature and the Cosmos for guidance each day with the intention of sharing what "my second head" shares with me. We all reach some sort of milestone every day.



2022 08-09, 5401 - THE WILD LAWN, PART TWO - The lawn should be cut again, but the earth is still tender from earlier summer rains. It is now covered with hay and some beautiful brown eyed susans. I like the wild lawn.



2022 08-10, 5402 - A BOUNTIFUL HARVEST WE NEVER SEEM TO EAT - Our fifty-year-old pear trees are laden with fruit, and yet the big pears are scabby and the little pears are too small to do anything with but cook them up for syrup. Still, we really enjoy watching them grow, and the wildlife attracted to them.



2022 08-11, 5403 - AFTER THE RAIN - Summer afternoon rainstorms can be brief and powerful, sweeping across the valley and mountains and then gone. Often the sun returns to shine through the raindrops still on the leaves. There could be an accompanying rainbow. Life is renewed.



2022 08-12, 5404 - WILD RASPBERRIES - We didn't really sample the wild raspberries when they were in season because we were too busy with other things to take the time to pick them. It is often the way that when lives get complicated, the gifts of Nature slip by. It is time to reconnect the pleasures of life.



2022 08-13, 5405 - YOUNG MOUNTAIN - There is a mountain breaking the horizon line, looking slightly west from the top of the Lupine Field, that appears to have mystical powers perhaps connecting to an ancient history. There is energy around it where strange lights appear and GPS's reverse themselves.



2022 08-14, 5406 - A FIELD OF WILDFLOWERS - Now that the lupine and ragged robin have gone to seed, there is still a lot to see in the field at the top of the mountain. There is plenty of nourishment left for the birds and insects and butterflies as well for our minds, bodies, and soul.



2022 08-15, 5407 - THE LAST OF THE RAGGED ROBIN - The Ragged Robins are getting ready to cast their seeds into the wind as the lupines have already done. It is the ritual of the season. There is always something growing and something going. Sadly, many people will never notice.



2022 08-16, 5408 - SEEDS FOR NEXT YEAR - Nature is already making plans for next year. She is drying seeds and casting them with the wind, looking for fertile soil for them to take root next year. We often plant seeds of positivity that float on the winds of the Cosmos, looking to take root in the fertile minds of others.



2022 08-17, 5409 - THE SUMAC ARE IN BLOOM - The sumacs' fuzzy blossoms are now in bloom. They are trees that look somewhat out of place here in New Hampshire. I know a lot of people who feel out of place as their intuitive abilities are misunderstood by those around them.



2022 08-18, 5410 - SOLID CORE - The Mountain is a solid core of granite and quartz charged with energy that fuels the ley lines that connect to a vortex on the summit. This energy connects to special points all over the earth and beyond. People are filled with an energy that connects to their cores.



2022 08-19, 5411 - A VERY SPECIAL MOUNTAIN - When we first moved to New Hampshire, we would drive down the road where our home is now located and marvel at the view of Mount Chocorua. Now we are fortunate to be steward of a small mountain with a beautiful view of the very same special mountain. We are home!!!



2022 08-20, 5412 - APPROACHING RAIN - I could see the approaching rain as it came towards us from across the valley and soon I could feel drops of water falling from the sky. Sometimes in life storms disrupt our plans, but often there is a reason beyond our intentions that result in unique experiences.



2022 08-21, 5413 - HINTS OF CHANGE - There are hints that the seasons will soon be changing from summer into fall. The nights are longer and cooler and the unmowed fields are turning brown. People are experiencing change, some rapidly and some slowly. It is the season.



2022 08-22, 5414 - ACROSS THE VALLEY - I may not be able to see the world across the valley, but I can journey out into the Cosmos and connect with core of all being and its incredible loving energy. Even if you never visit in person the view I have, it is always there for you wherever you are.



2022 08-23, 5415 - EVERY YEAR I WONDER - Every year in the beginning of spring and into the early summer, I wonder if the hibiscus with its beautiful red blooms with flower again. It is into August before the wait is over. People sometimes are late bloomers while others wonder if they will ever share their special abilities.



2022 08-24, 5416 - REVIVED - I wasn't sure if the tall phlox that usually bloom in August and September were going to survive this year due the prolonged dry spell. Their stalks and leaves looked all shriveled up, and then came the rain. I am reminded of people that feel that their gifts have dried up, only to revive them.



2022 08-25, 5417 - LOST AND FOUND - I recently found a yarrow plant in bloom growing on the edge of the driveway where I was just getting ready to cover the dirt with stone. I had not seen a yarrow plant there in several years. What I thought was lost has been found again. People are now discovering lost abilities.



2022 08-26, 5418 - RETURN OF THE FLOW - The recent rains have saturated the land enough so that our little brook, which has been dry for most of the summer, now has a trickle of water in it. People are also returning to the flow of life after more than two years of the pandemic.



2022 08-27, 5419 - ANOTHER HINT OF CHANGES COMING - Every day now I am seeing more hints that a change of seasons is coming. Looking out the window at sunset and into a window of green leaves, it looks like fall across the valley. Many of you are getting strong hints of changes coming in many aspects of your life.



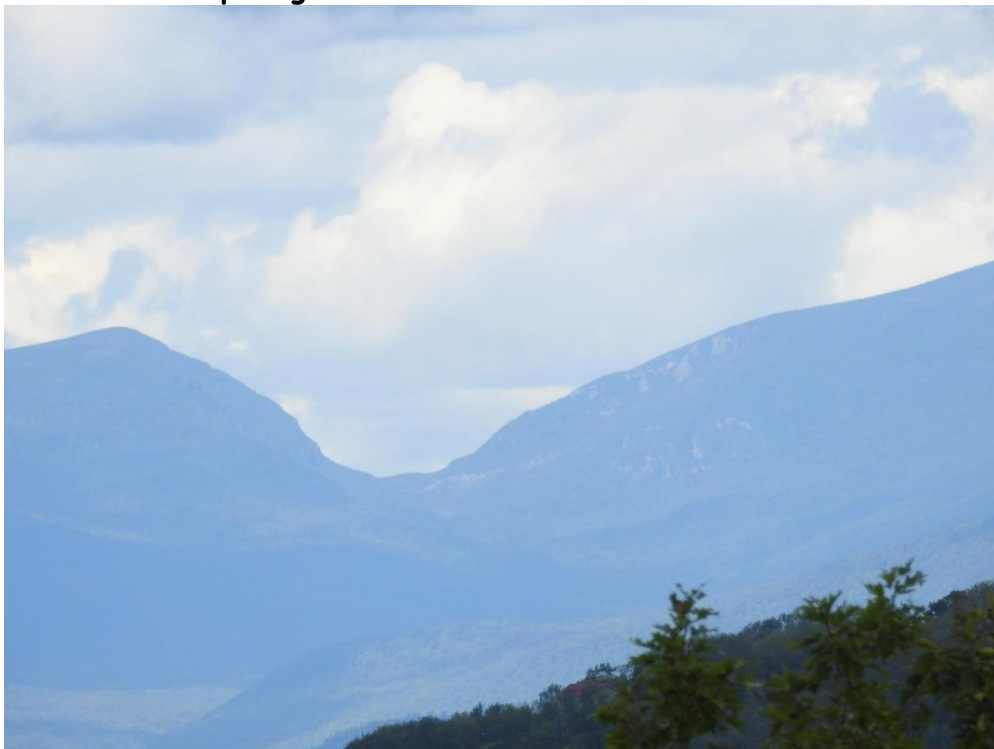
2022 08-28, 5420 - ANOTHER ARTISTIC CREATION BY NATURE - A friend gave us a very special gift created by Nature. It is a piece of shale with a baked on piece of lichen. The gift warmed my heart, as do people who allow their special abilities to be shared.



2022 08-29, 5421 - SIGNS OF LOVE - As many of you know, I am always on the lookout for heart signs. To me, it is proof that I am surrounded by the love of the Cosmos, which is channeled through me. That love is unconditional and is far different from the love our egos send out with conditions.



2022 08-30, 5422 - THROUGH THE NOTCH - Living in the foothills to the White Mountains, we can see their imposing outlines from the top of our mountain. The settlers looked for notches, breaks between mountains, to find their way to the other side. Life often seems like it is filled with barriers, but there are openings.



2022 08-31, 5423 - LOOKING DOWN ON DAVIS POND - With my telescopic camera lens, I can get a closeup view of Davis Pond down in the valley. When seen by the naked eye, it is much smaller. We have the option in our minds to get two views of life, close up in it or from a distance.



2022 09-01, 5424 - LET THE SHOW BEGIN - Today is the first day of meteorological fall. Soon one of the most spectacular fall foliage shows in the world will be under way. It is a great time to reconnect to the earth and realize that every day, no matter where you are, Nature always puts on an amazing show.



2022 09-02, 5425 - FINDING A PLACE TO GROW - Recently I discovered some small wildflowers growing in the middle of "Stone Cutters' Rest", a quarrying site nearly 200 years old, not the most favorable environment. I think of people who have grown in the least likely nurturing environments that somehow persevered.



2022 09-03, 5426 - AN INTERESTING PLACE TO RAISE A FAMILY - I recently noticed a large bird's nest on top of a brace holding the metal chimney against the Cabin. I never saw it during when the young were being raised. Nature adapts to the environment. Let us hope the family of man adjusts to Nature's needs.



2022 09-04, 5427 - THE WELCOME SIGN IS ALWAYS OUT - From dawn to dusk, the welcome sign is always out at the Center for people to explore the beauty of Nature. No matter where you are, if you can find a patch of green grass or blue sky, your mind is welcome to soar into the Cosmos and come back refreshed.



2022 09-05, 5428 - TRANSITIONS - The seasons are beginning to transition from late summer to early fall and I have noticed that many people are also making life transitions, regardless of their age. They are listening to their hearts and considering what in life has meaning to them.



2022 09-06, 5429 - ALMOST READY - The apples in the orchard, what there are of them, are almost ready for harvest. It would be nice to get enough for a pie. I think of people who are almost ready, but never take the risk of taking the final steps and of others that never feel done and are always looking to improve.



2022 09-07, 5430 - NATURE PROVIDES NOURISHMENT FOR THE LAND - Two days of gentle rain is just what the land here in the foothills needed. Much of the country has received too much moisture, but here it is welcome. People search for soul nourishment in many places, including connecting to their Source.



2022 09-08, 5431 - MAGICAL MILKWEED - I relate the magic of milkweed to the magic of people. Milkweed has a milky substance that flows through it in the summer with flower clusters that attract butterflies and form a seed pod in the fall. There are people that create magical deeds that sow the seeds of happiness.



2022 09-09, 5432 - THE COLOR IS SPREADING - I first see it in the lowlands when the swamp maples turn red. I can watch it from the Mountain as it spreads across the valley and the foothills. It is Nature's spectacular fall foliage show. All we need to do is to take it in wherever we are.



2022 09-10, 5433 - A SEPTEMBER SURPRISE - While checking some of the plantings we had placed at the entrance to the road to the Cabin, I noticed a yellow bloom from a plant we had not set there. It was a beautiful September surprise. I look for positive surprises in life every day, and there is usually one waiting.



2022 09-11, 5434 - THE SECRET LIFE OF THE LEDGE - The ledge across the valley lives a quiet existence except for twice a year, October 30th and May 1st when it opens its portal into the earth and beyond. Ancient shamans gathered to help souls travel - it makes a great story, to believe or not.



2022 09-12, 5435 - VIEWING SUNSET FROM THE LUPINE FIELD - Every so often, we walk over to the Lupine Field from the Cabin to watch the sun setting behind the mountains across the valley. It would be a great place to have a house, but if we were there every day, we might become too used to something special.



2022 09-13, 5436 - SITTING ON THE TABLE - I noticed a woodchuck sitting on our stone grinding wheel used nearly 200 years ago to grind bark for tanning hides to make leather. I wonder how often I have missed wildlife so close to our house.



2022 09-14, 5437 - ANOTHER SEPTEMBER BOUQUET - I have really enjoyed the beauty of nature this month. My goal is to discover a bouquet a day. The bouquet is not restricted to flowers. It could even be a person who has taken the risk of sharing positivity.



2022 09-15, 5438 - WHAT IS IN THE AIR WE BREATHE? - Ever wonder what is really in the air we breathe? There could be pollution from manufacturing, vehicle exhaust, dust, pollen, and even chem trails. They have an effect on our health. Hopefully in the near future we will help the air become cleaner again.



2022 09-16, 5439 - SIGNS OF LOVE - I set my intentions each day to channel love from the Cosmos in everything I do. Of course, the perfection is in the intention, not always the result. Every so often that love comes back from Nature when a heart appears.



2022 09-17, 5440 - CLEARING THE LAND AGAIN - I have been cleaning a space behind the Center for future plantings. It is not the first time it has been cleared, and the soil is rich from past use. When people start over, they often have a firm foundation to build upon.



2022 09-18, 5441 - KING OF THE BRIDGE - My friend and ex-student just spent another five days working on the grounds at the Reflection Center. He decided a bridge would look good in a corner, and we moved an old ramp to complete the idea. He was King of the Bridge, a feeling we all get when completing a project.



2022 09-19, 5442 - SHADES OF GREEN - Have you ever studied the shades of green in grass? The green you see is not just one shade of green; there are many. This is true in just about every color in Nature. It is also true in every moment in life. It is the complex blends that make this experience here on earth unique.



2022 09-20, 5443 - AN ACCIDENTAL TRANSPLANT - A couple of years ago we transplanted several different flowering plants. Recently I discovered a stonecrop in bloom that is also growing there. I am reminded that when we do acts of kindness, they may spread to others unbeknownst to us.



2022 09-21, 5444 - THE RIGHT TOOL FOR THE JOB - I noticed a spade lying next to a newly transplanted flower and I thought about the importance of having the right tool for a job. This applies to more than physical work. It is important to have the right communication tools in life for both yourself, and others.



2022 09-22, 5445 - FALLING - The first day of astrological fall: the temperatures are falling, and soon the leaves will be falling, and then the snow will be falling. People will be out "falling", celebrating the beauty that the season brings. Some people will go south in fear of winter. We can change our thoughts, not the weather.



2022 09-23, 5446 - READY TO FLY - I saw what some would call a weed and others a wildflower with its seed clumps looking like cotton balls. As we sat in the Lupine Field, we watched the seeds floating on the wind like mini helicopters looking for fertile ground. I thought of ideas that take flight looking for a place to grow.



2022 09-24, 5447 - ADDING TO THE COLOR - The leaves are turning color and the pumpkins and mums are decorating the fall landscape. There are also red berries that will last beyond the fading leaves. Each person has their own uniqueness that helps color up the landscape of life all year round.



2022 09-25, 5448 - SEPTEMBER CLOUDS - September is such an interesting month as summer and fall come together. The days are still warm enough to sit on a bench in the Lupine Field and enjoy the clouds floating above my head. It is a time to enjoy the harvest and gather supplies mentally and physically for what lies ahead.



2022 09-26, 5449 - FUELING UP - I watched some butterflies flitting across the Lupine Field gathering sweet nectar for their long journey to warmer climates for the winter. I wondered how they and the birds know how to find their way. I wondered how souls know how to follow their sacred assignments in each lifetime.



2022 09-27, 5450 - A WELL-ROUNDED FLOCK - My hens and chicken have grown into a well-rounded flock. Of course, these are just plants, and not live birds, but they still represent how thoughts and actions can spread. I like to think that older humans help guide the young and the young are the future of the world.



2022 09-28, 5451 - PROLIFIC VINES - There are some very prolific variegated vines growing at the Center that have spread over the years from just a few plants. I have transplanted several the last few years that grow elsewhere. I think of people who plant positive actions and watch them grow and spread.



2022 09-29, 5452 - CHANGES ARE COMING - I have been watching the changes from the top of the Lupine Field spreading across the valley, and now I can see them here on the Mountain. It won't be long before we are immersed in the bright colors of fall. It is a time to create future memories of a special time of year.



2022 09-30, 5453 - A LATE SEPTEMBER BOUQUET - As I traveled around the edge of the Lupine Field on a late September afternoon, I caught a glimpse of a patch of beautiful pink flowers surrounded by those that had gone to seed. I thought of late blooming people who find the energy to let their abilities bloom.



2022 10-01, 5454 - SPLASHES OF BRILLIANCE - As October arrives, I am greeted with splashes of brilliance. Red leaves bathed in sunlight command my attention. I think of people that show flashes of brilliance in their lives that can fade away like the leaves when in conflict with ego.



2022 10-02, 5455 - SPIRIT WALLS - There are stone walls on the Center's land built for different purposes with different construction styles. Some I think of as spirit walls, built with small openings for spirits to pass through. People build mental walls around themselves that often do not have ways for their fears to escape.



2022 10-03, 5456 - ENJOYING THE HARVEST - We harvested the apples from the orchard. The whole crop filled one small mixing bowl that yielded a tasty apple crisp. Harvests come in many ways; from enjoying crops to doing something that feels good, to accomplishing positive acts that benefit others.



2022 10-04, 5457 - REFLECTING NATURE'S MOODS - With global warming, Nature sure has a lot of peaks and lows lately, from destructive hurricanes to long dry spells. Many people are experiencing a lot of anger and others are experiencing heart felt gratitude. Let's hope love and good weather will prevail.



2022 10-05, 5458 - RED SKIES - The leaves are beginning to fall, and every day there is a better view of the setting sun across the valley. I wonder where in the vast Cosmos we really came from and where we may travel to in the future.



2022 10-06, 5459 - THE GRAND SHOW - Nature is putting on one of its grandest shows of the year, right on schedule for the crowds of leaf peepers descending on the Valley. Up on the Mountain, all the commotion below does not disturb the peace I feel as I take in the incredible beauty that surrounds me.



2022 10-07, 5460 - WALKING THE TRAIL - As I walk on the trail just above the Lupine Field, I am reminded that if I was not able to look from side to side, I would have missed the magnificent views nature had provided me. People often are in such a rush that they often miss out on the beauty of the journey.



2022 10-08, 5461 - WAVES OF COLOR - There is a difference between wandering through a colorful fall landscape and standing on top of the Lupine Field where I can see the waves of color as they flow across the hillsides. In life, when we immerse ourselves, we often do not get the whole perspective.



2022 10-09, 5462 - GHOST IN THE LEAVES - Nature often provides me with images relative to life situations, and recently I noticed a ghost peaking at me. I grabbed the camera to capture the scene. It is, after all, October, and Halloween will soon be here.



2022 10-10, 5463 - A SPECIAL GIFT THAT REFLECTS THE PAST - I recently received a very special gift from a friend in Florida who crafted a needlepoint painting of a woodland scene leading to a tall mountain peak. I believe she tapped into the Mountain before the ice age when it acted as a portal to the Cosmos.



2022 10-11, 5464 - THE FALLING LEAVES - The falling leaves are drifting by our windows as nature's fall show is winding down. Soon the ground will be covered. The falling leaves remind me of the times when I woke in the middle of the night to have my mind full of ideas drifting by. They cover the floor of my mind, waiting.



2022 10-12, 5465 - GRAND FINALE - We are experiencing the peak of fall colors here in the Valley and on the mountain sides. It has been a spectacular show with many tourists as well as locals attending. Some will be disappointed for different reasons. Every event is different, and each has something unique to remember.



2022 10-13, 5466 - ENCORE - At the end of an excellent musical performance, the audience often claps until the performers play another short selection. Nature's fall foliage show was so good that I wanted to experience an encore, so I found another picture to share. Why not encore positive memories and share them?



2022 10-14, 5467 - MAGICAL NATURE - I spotted a green orb in a Lupine Field photo and was reminded of the magic in Nature. That is not saying the orb is magic, but it is to many people. The real magic for me is the opportunity to see the magic in all of life when I spend time in Nature.



2022 10-15, 5468 - HUGGING THE CLOUDS - I stood at the top of the mountain and watched a low flying puffy cloud drifting in my direction. It looked like it wanted a hug, and I hugged it in my mind. A lot of people use the concept of escaping to a soft nonjudgmental cloud during times when a hug is needed.



2022 10-16, 5469 - LOOKING OUT MY WINDOW - I am fortunate that my windows look out into Nature. Over the years I have seen a lot of wildlife. Even if I don't get outside to experience Nature in person, my window provides an opening for my mind to soar into the Cosmos.



2022 10-17, 5470 - BONDING WITH THE MOUNTAIN - I captured a photo from the distance, of a friend on his first visit to the Mountain, spending a few quiet moments establishing a bond with Nature. There are special places all over the world to do the same thing. All it takes is a few moments and awareness.



2022 10-18, 5471- THE NEXT GENERATION - Recently my grandson mowed the Orchard for the first time. He now becomes the third generation to care for the land. This next generation are the ones that are the future of the whole world. They are the caretakers that will, I believe, bring love back to the earth.



2022 10-19, 5472- AFTERGLOW - There is still plenty of fall color to experience even though the foliage is now past its peak. Acts of kindness that have long since been forgotten by others can carry an afterglow that encourages us to continue to spread positivity.



2022 10-20, 5473- A CARPET OF LEAVES - The falling leaves have created a beautiful carpet on the ground, adding to the afterglow of fall. Eventually, these leaves will decompose, creating new nutrients for the soil and promoting new growth for the future. The whole world is experiencing potential soul growth.



2022 10-21, 5474 - ENTERING ANOTHER WORLD - There are people that can travel in their minds out into the Cosmos to worlds beyond, but for me, every time I travel down the old Class Six road and up to the Cabin and Orchard, I am entering another world and time period right here on earth.



2022 10-22, 5475 - FEEDING THE FLOCK - Recently I saw a large flock of male turkeys grubbing for food on the lawn. I thought of how we distribute spiritual nourishment through positive acts of kindness. Each act has the potential of giving hope to an unlimited number of people, feeding their spirits.



2022 10-23, 5476 - SLEEP WELL - We have finally finished cutting this year's growth in the Lupine Field and the Orchard, and the land is prepared for a long winter's sleep. In the meantime, this year's seeds will fall into the soil to begin to sprout in the spring. It is time for winter projects.



2022 10-24, 5477 - FADING FAST - The colors of fall are fading fast. Soon the landscape will be influenced by a leafless backdrop of November grays. Our memories of the past few weeks will also fade into our unconscious minds. Some memories are hard to change that may not fit our lives anymore.



2022 10-25, 5478 - A BRILLIANT MOMENT - I just happened to glance out the window at just the right time and discovered a brilliant red sky as the sun was setting. I captured it with my camera and thought of the brilliant moments in life that often happen without notice and wonder how many we pass by.



2022 10-26, 5479 - JAM SESSIONS - Every so often I have the chance to play a private jam session with some very gifted musicians. It is a learning experience for me. Actually, I think that life itself is like a jam session where we share ideas with both gifted people and those that think they are gifted.



2022 10-27, 5480 - RAIN DROPS ON A MAPLE LEAF - Here in the mountains people usually look for the Grand View, but there is so much to be seen right on the ground beneath their feet, like raindrops on a maple leaf. Life has lots of details that are easy to miss when we only look at the big picture.



2022 10-28, 5481 - LIVING IN A MONOTONE WORLD - The view out my window next to my computer is basically one color as the falling leaves cover the ground with a golden brown glow. People often live in a world with monotone thoughts where it is hard to get more than one view of life. Life has many tones.



2022 10-29, 5482 - NATURE DECORATES FOR THE SEASON - Nature has been busy decorating for the season of Halloween covering some of the evergreen trees with falling leaves from the maples. She creates a festive feeling as the days move into November and the approach of winter.



2022 10-30, 5483 - A HAUNTED MILKWEED PATCH - A few weeks ago I discovered a haunted milkweed patch. I saw several ghosts that were waiting for the wind to set them free. Now, with Halloween fast approaching, the spirits have joined the landscape making up the Mountain.



2022 10-31, 5484 - ODIN'S NIGHT - While trick or treaters of all ages are celebrating Halloween, the Norse god Odin presides on the Mountain over the open portal where souls travel out of and into the earth's plane. It is a night filled with ancient mystery and ceremony.



2022 11-01, 5485 - NOVEMBER 1 - On this first day of November the large tree at the edge of the Orchard, barren of its leaves, looks a little hung over from Nature's celebration the night before. Still, that's exactly what I expect to see in Nature as we now prepare for the winter months ahead.



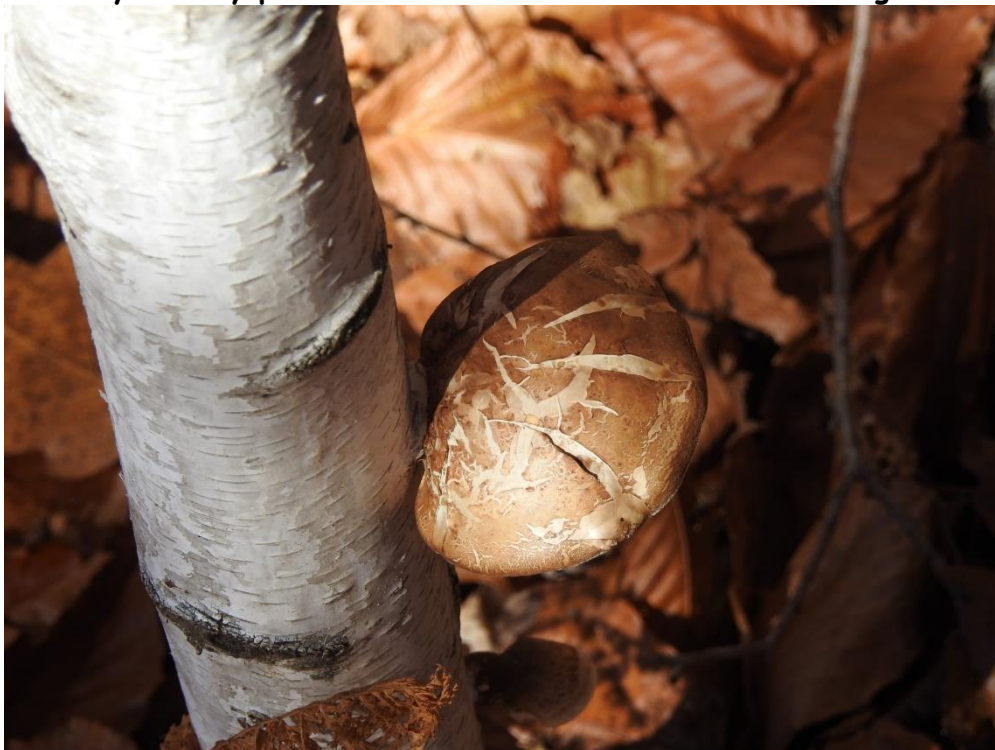
2022 11-02, 5486 - NOVEMBER LANDSCAPE - Even though the weather's warmth is still holding, the November landscape is now mostly barren of fall colors. Still there is a lot of beauty to find when we visit Nature. Life has a lot of beauty even when it appears to be barren.



2022 11-03, 5487 - NOVEMBER WINDS - The winds of November are blowing strongly, gathering momentum, and sweeping down across the valley. The oak and beech leaves rustle as they resist the attempts to set them free.



2022 11-04, 5488 - A RICH HARVEST - I noticed a beautiful chaga mushroom growing at the base of a small birch tree at the edge of the Orchard. They are prized by some and brewed into a tea. Nature has many healthy plants that can be harvested all season long.



2022 11-05, 5489 - RED BLUEBERRY LEAVES - This time of year small red blueberry leaves stand out on the drab landscape of November. They will shine until covered by winter snow. On the landscape of life, once the "showy" people have moved on, others who were lost in the glitter now shine.



2022 11-06, 5490 - IT'S A MATTER OF TIME - Today we return to standard time, bringing darkness earlier in the day while making the morning sunrises one hour earlier. There is so much thought about time. Is all time happening at the same time or do we drift between the past, future and present?



2022 11-07, 5491 - TWO BOWLS GROWING - There is a tall tree growing outside our windows that has two large burls growing out of it. Burls are often transformed into works of art when they are harvested and turned into decorative bowls. Just as these potential bowls, so do people have potential that is still growing.



2022 11-08, 5492 - BATTERED BUT STILL STANDING - A couple of our small cedar trees we transplanted from a friend's house several years ago have slowly grown to be five to seven feet tall. However, they were attacked by turkeys last winter and we thought they would die, but they live on.



2022 11-09, 5493 - OLD FAITHFUL - I have been using the same microphone to record nearly 5500 "Messages from the Mountain", as well as hundreds of hypnosis recordings for over fifteen years. It captures the words sent to me by a Cosmic channel through what I call my second head. The words come from space and return there.



2022 11-10, 5494 - HOT MUFFINS FOR A COLD MORNING - As November continues to progress, the mornings are becoming colder and there is nothing like hot fresh muffins and a cup of coffee to help me start my day with gratitude. There is always something, no matter what time of year, to fill my heart with gratitude.



2022 11-11, 5495 - THICKETS - There is a mock orange shrub next to a stone wall that my wife keeps cutting back every couple of years, but it grows back thicker than before. Small birds use it for protection when coming to the feeder for food. When the leaves are gone, we can see them hiding there.



2022 11-12, 5496 - LEAFLESS - The view is different this time of year than in the summer. The leafless tree limbs create a drab landscape as I look out our windows. I am reminded of when someone has trouble finding their creative spark. The leaves will return in the spring and creativity can return with the next inspiration.



2022 11-13, 5497 - MAPS - We have several sets of maps for visitors to follow at the Center. There is a map for the trails, a map for the Grace Trail, and a map for the ski trails. There is a belief that each soul has a map for them to follow during each incarnation on earth. That one is not written down, but it is there.



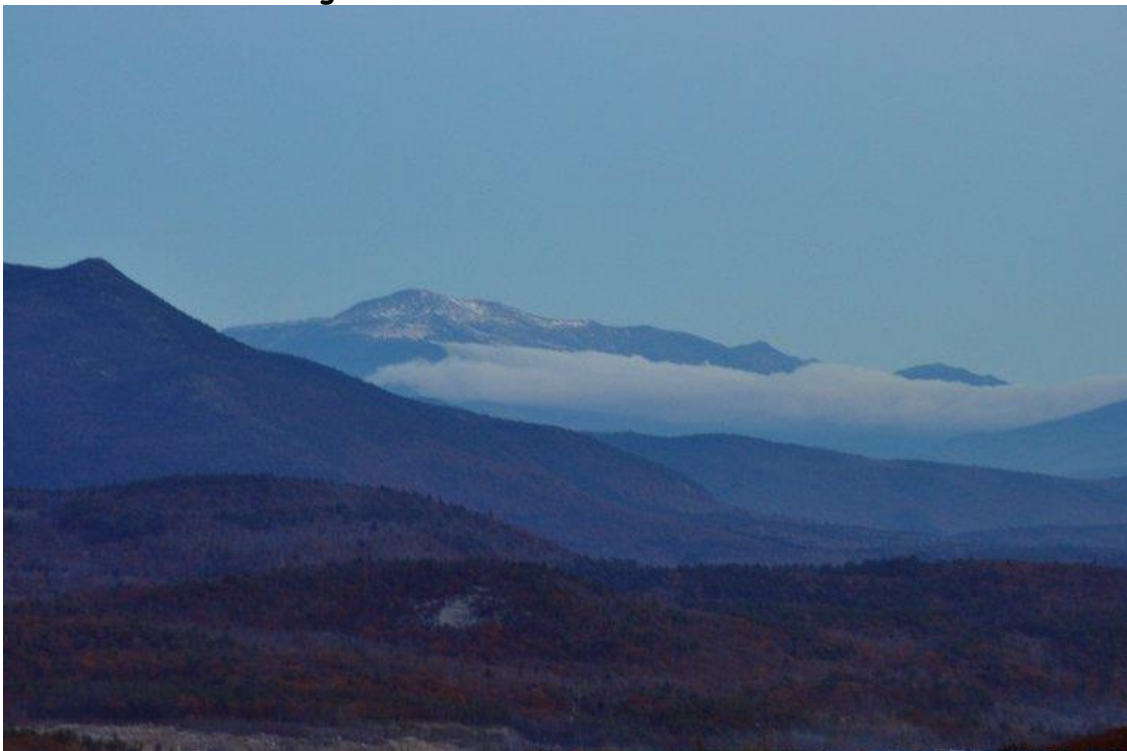
2022 11-14, 5498 - THE BEAR IS FATTENING UP - It won't be long before the bear will be hibernating for the winter. It has gained a lot of weight in preparation for a long sleep. People often fatten up in the fall. Unfortunately, come spring they will carry the weight of the winter while the bear loses his.



2022 11-15, 5499 - LITTLE CANDLES - There is a small three-inch-tall tree that this time of year appears to be decorated with holiday candles. I have been told that before the Ice Age this same species of tree used to be several hundred feet tall. There are people who seem to disappear into the landscape of life who still have bright positive lights.



2022 11-16, 5500 - PODCAST 5500 - Today I celebrate the 5500th podcast of "MESSAGE FROM THE MOUNTAIN". It started when I realized that the Mountain had positive things to say relating to Nature and Life. Each day I just trust that my "second head" will channel the right words for those that are listening.



2022 11-17, 5501 - STILL BEAUTIFUL - Long after the flower has faded it still is a thing of beauty to my eyes. Beauty runs more than skin deep. The real beauty is in the heart and soul.



2022 11-18, 5502 - CORNER POSTS - Corner Posts help define the boundaries of the Center. In life, corner posts (signs from the Universe) can be a good indicator that we are following in line with our life's purpose.



2022 11-19, 5503 - EDGES OF THE TRAIL - As the trees grow up in old clear-cuts it is easier to define the edges of the trails that wander through them towards their destinations. As we wander the trails of life towards our goals, the Universe helps define our purpose.



2022 11-20, 5504 - HEART POWER - The tiny heart-shaped green leaves that were almost hidden reminded me of how grateful I am to have the opportunity to experience the beauty of nature. The leaves also reminded me of the power of our hearts when we experience gratitude and love.



2022 11-21, 5505 - ALWAYS SOMETHING TO MARVEL AT - Nature provides something to marvel at every time I take the time to observe what surrounds me. Actually, life does too if we investigate each day with a sense of mystery.



2022 11-22, 5506 - MOSAICS IN NATURE - The decaying wood in the center of the old log created a beautiful mosaic, a visual feast of different colors of brown. Everywhere there are mosaics in nature as well as in every aspect of our lives. All you need to do is observe.



2022 11-23, 5507 - PATCH OF WHITE - A patch of white caught my eye as I gazed into the dull November forest landscape. It wasn't snow, but an old tree, covered with white growths. When your life seems like this kind of landscape, what catches your attention that may lead you to your next discovery on your soul's path?



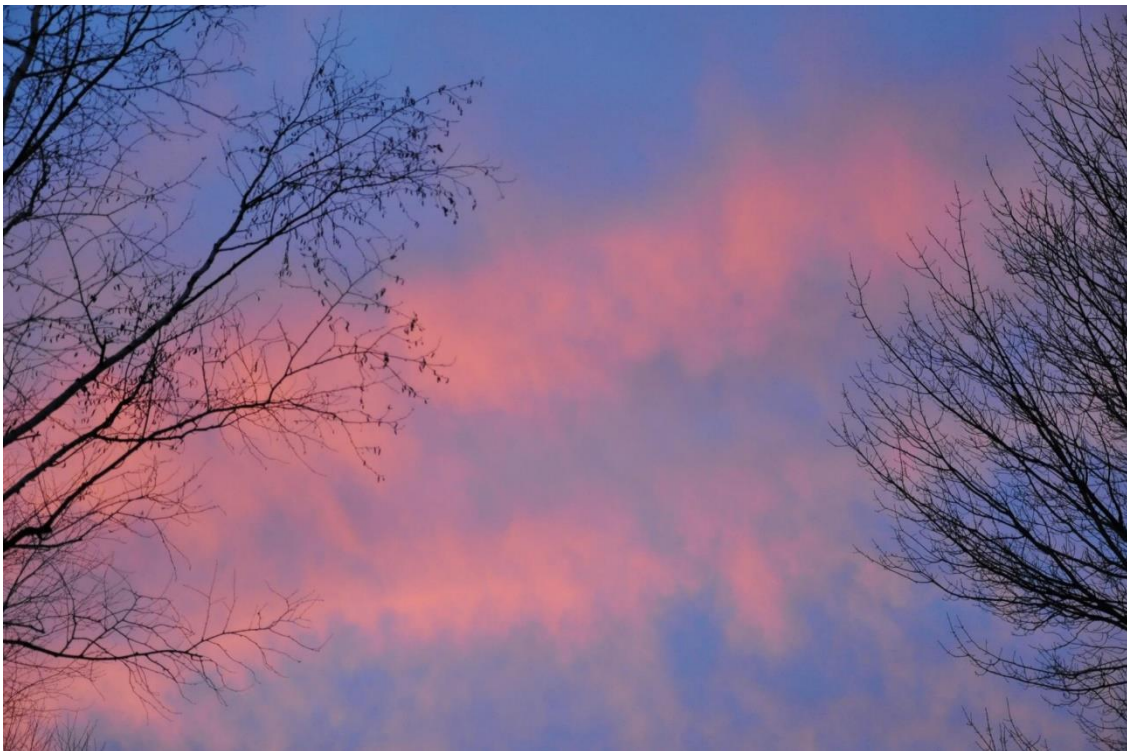
2022 11-24, 5508 - FULL OF GRATITUDE - Today, a day of Thanksgiving, I woke full - full of gratitude for the opportunities to learn from nature that the Universe has provided. Then again, my goal is to wake up full of gratitude and life every day. It helps nourish the soul.



2022 11-25, 5509 - THROUGH THE MIST - The mountains to the west were totally obscured by the thick mist covering the landscape. People who had never walked the land before might not even realize mountains were there. When looking for answers in our minds, a journey into the unknown mind often provides insights.



2022 11-26, 5510 - IN THE PINK - The November skies are pink in the morning and pink in the evening, influenced by the rising and setting of the sun. "In the pink" is an old saying that means everything is okay. The pink in the sky reminds me that everything is okay when we stay in sync with the Universe.



2022 11-27, 5511 - TRAIL OF ORBS - As I examined my photo I found that the sunlight streaming across the mountains created a trail of orbs. Was it dust on the lens or souls coming or going? Each of us may have a different interpretation, just as in many other aspects of life.



2022 11-28, 5512 - FINDING PEACE - I feel at peace when I look out across the hazy mountains and cloud filled sky. That is why many people come here, to find peace. There is peace here, but the real peace comes from deep inside. It is your sacred connection to your soul purpose.



2022 11-29, 5513 - IMAGES IN STONE - Stones can have many images etched into their surfaces. It all depends on the shadows cast by the sun as to how they appear. Your mind may also change the images in your head. Images in the mind are like images in stone. They can be changed when you change your perception of them.



2022 11-30, 5514 - YOU HAVE AN IMPORTANT ROLE - Usually the messages come from nature. This one came differently; it pushed its way to the top of my mind. "You have a very important role to play here on earth at this time. Regardless of your current life situation, if you pay attention, you will be shown the way."



2022 12-01, 5515 - 'TIS THE SEASON - It is the season. Holiday lights brighten the night, and even nature is getting into the act. I snapped a picture of a festive seasonal pine ball created by the forces of nature. It is a time for gratitude, love and random acts of kindness. It can be that season all year long.



2022 12-02, 5516 - THE NEW NORMAL - It seems to me as if the clouds in the sky have been changing over the past years. Perhaps it's just my awareness of them and it is me that has changed rather than the clouds. Either way, it is now normal for me to see what I did not see before.



2022 12-03, 5517 - HOME AGAIN - After a couple of weeks escaping the cold weather of New Hampshire on a warm Caribbean cruise, I am grateful to be home again. Home is not just a physical place; it is a spot in my heart that connects me to my soul's journey.



2022 12-04, 5518 - A BEAUTIFUL SEND OFF - The day before we left on our 2-week Caribbean cruise, we drove up to the Cabin to check on the land. On the way back home, we saw a beautiful deer in the middle of the day during hunting season. To me it was a beautiful send off, reminding me that Nature would look forward to our return.



2022 12-05, 5519 - A SPECIAL VISITOR - The last few years we have not seen or heard as many barred owls as in the past. They had a hard winter, and then, with our timber cut, their environment changed, so it was special when one recently perched on a branch outside our windows. To me, it was another sign from Nature.



2022 12-06, 5520 - PURE GRATITUDE - There are so many things to be grateful for. It is possible to be grateful for the same thing over and over again as each time we consider it, there is always something different. There are no two sunsets the same. We can always find something to be grateful for.



2022 12-07, 5521 - CLOUD INSPIRATION - I find a lot of inspiration from the images I see in the clouds. The shapes are constantly moving and changing. I recently spied one that looked like a fluffy dog, an animal that many people enjoy and turn to for unconditional love.



2022 12-08, 5522 - A TROPICAL CLOUD - On our recent Caribbean trip we took a river tour of a tropical landscape which included some interesting birds. Around the same time, I saw a tropical bird cloud in the sky. I marveled at the uniqueness of Nature and how it relates to all of life.



2022 12-09, 5523 - WILDLIFE ALONG THE BELIZE RIVER - A short cruise along the Belize River gave me the opportunity to observe wildlife that we do not have in the foothills of the White Mountains. It is good for me to see life from different angles and places.



2022 12-10, 5524 - RAYS OF LIGHT - The rays of sunlight shining through the dark clouds and onto the ocean reminded me of all the people that have an inner light in them that shines through whatever the circumstances taking place in their lives. You are a ray of spiritual sunlight.



2022 12-11, 5525 - WAITING FOR THE WHITE DRESSING - As the holidays draw closer, people are beginning to wonder if we will have snow by then. The brown landscape is brightened by evergreens and red berries. Regardless of whether we have snow or not, the real meaning is found in our hearts wrapped in love.



2022 12-12, 5526 - PARTS THERAPY - There is a type of therapy that helps people identify their strengths and use them to create change. My wife recently wanted to create a new decoration to hang in a window, so she used a lot of different parts and pieces she already had. The result was a beautiful "new" wreath.



2022 12-13, 5527 - IF YOU DON'T LIKE THE WEATHER, WAIT A MINUTE - In a recent podcast I spoke of waiting for a coating of white, and, just like that, overnight came a dusting of snow making the world look that much more festive. Patience is one of the keys to staying on course with one's life purpose.



2022 12-14, 5528 - FROZEN LANDSCAPE - The temperature has been below freezing lately and the ground is becoming rock solid. When the earth freezes before a lot of snow, it takes the melt of the springtime longer to be absorbed into the ground. The landscape of life often plays out in the same way.



2022 12-15, 5529 - ANTICIPATION - It is the season of anticipation, whether an approaching snowstorm or family and community celebrations. There are a lot of people who anticipate all the things that can go wrong, not that go right. I am anticipating nature's ice sculpture exhibit in our small brook.



2022 12-16, 5530 - PERFECTION - This is the time of year, during the holidays, when many people attempt to relive a perfect memory of their childhood, only to be disappointed that things have changed. The secret may be to intend that each experience has something in it that is perfect, like the vegetarian vegan gluten free pie my wife made.



2022 12-17, 5531 -SNOW DAY - When I was a child, I looked forward to snow days when school would be cancelled. I did the same when I was teaching. Now, a snow day, when we are stuck in the house, provides an opportunity to discover things that otherwise I would have been too busy to notice.



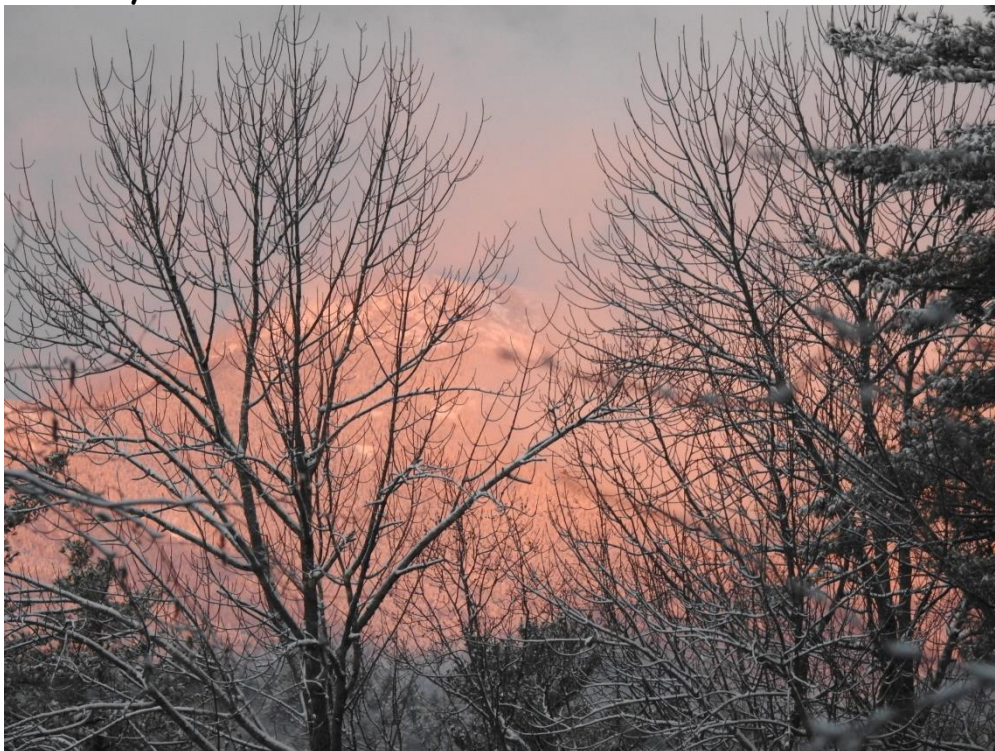
2022 12-18, 5532 -A PERFECT STORM - We recently experienced what many would call a Perfect Storm. All the elements of Nature came together to create a rare weather event. A couple feet of heavy wet snow caused an enormous amount of broken tree limbs that caused a widespread power outage. Back to normal...



2022 12-19, 5533 -AFTER THE STORM HAS PASSED - I woke up to a beautiful sunlit morning the day after the devastating storm had passed, and everything seem right with the world despite the aftermath it caused. I paused and focused on Nature and set my intentions to experience a positive day.



2022 12-20, 5534 -THROUGH THE TALL PINES - Many years ago we located our house so that we had a clear view of the mountains across the valley. Over the years, the pines across the road have grown to block the view. Still, the rich winter alpine glows brighten my mornings with the promise of a positive day.



2022 12-21, 5535 -WINTER - The winter solstice has finally arrived. It is a day to celebrate the beginning of the renewal of daylight. It is a time to set your positive intentions for a new year filled with love and tolerance as the world discovers and rekindles the spiritual light that burns inside of all of us.



2022 12-22, 5536 - AND SO IT BEGINS AGAIN - And so, on this first full day of winter, the sun begins its journey again, each day adding precious seconds to the length of the previous one, for the next six months. It is a great time for people to make positive changes in their lives. Actually, we can begin again every day.



2022 12-23, 5537 - A SNOW ANGEL - A couple of days after the big snowstorm, when most of the snow had fallen off the trees, I noticed some that clung to the side of a fir tree and could make out the form of an angel placed there by Nature. To me that was a beautiful sign that I was not alone as I walk my soul's path.



2022 12-24, 5538 - A MAGICAL TIME OF YEAR - I feel the magic of the holidays as the child inside of me springs to life. The lights bring warmth to the dark nights and my heart is filled with gratitude at the number of people who set aside the stress of their busy lives in the spirit of good will and peace.



2022 12-25, 5539 - A CHRISTMAS WISH - Today when many people celebrate Christmas and others celebrate other sacred holidays during this season, my wish is that each of you connects with the portion of your heart that provides a direct line to the loving energy of the Cosmos to fill your soul with peace.



2022 12-26, 5540 - THE UNLEASHED POWER OF NATURE - The last two major storms we have experienced here in the mountains demonstrate the unleashed power of Nature for changing the landscape, such as the widening of the little brook. Imagine if people combined their energy to unleash positive intentions.



2022 12-27, 5541 - BARING ITS TEETH - Winter has been baring its teeth the last couple of weeks and interrupting a lot of peoples' plans. Life gives us the chance to plan for the unplanned, creating intentions of flexibility as situations do constantly change. Having a sense of trust and belief can help you navigate.



2022 12-28, 5542 - THE FLOW UNDER THE ICE - I have watched the little brook's water flow gradually freeze in the cold weather to a point where there are places now that are covered by a thin layer of ice. I think of people who seem to be frozen in place that still have an unconscious flow of positive energy.



2022 12-29, 5543 - OBSERVING NATURE - So far this winter my hip has not allowed me to participate in going out into Nature, so for the most part I have become more of an observer. I look out my windows and watch the news reports on the ups and downs of the weather. Yet, thanks to the internet, I can become involved.



2022 12-30, 5544 - EVERYTHING IS ROSY - I woke up to a rose-colored world outside our windows as the sun was slowly rising. I paused a moment and reflected on the beauty I saw and thought how some people expect that their "rose colored world" is only temporary. For me, what I saw set the tone for a beautiful day.



2022 12-31, 5545 - LOOKING FORWARD - Many people review the year on this last day of 2022. I prefer to look forward with a feeling that things will greatly improve as we set our intentions for the betterment of the world environment and for mankind.

