

Message from the mountain
2024

Michael R. Hathaway

2024 01-01, 5911 - A NEW YEAR FILLED WITH ENDLESS POSSIBILITIES - Today we have a blank slate in front of us. It is a new year, and, yes, there are situations which carry over from last year, but, by following our hearts with gratitude for the opportunities in front of us, we can bring about positive changes.



2024 01-02, 5912 - A LITTLE BIT OF COLOR - As we wait for the ground to be covered in snow, I look for a little bit of color in Nature to brighten the day; today I find the greens of moss growing on rocks to be grateful for. I believe there is something each day that can color our hearts with love.



2024 01-03, 5913 - COLLECTING ALL YEAR - It was fun enjoying the different decorations we collected to help us celebrate the holidays, but our collecting actually goes on all year round. One way we do it is to find magnets that we can display to bring back positive memories of our travels.



2024 01-04, 5914 - CATCHING MY EYE - As I have mentioned before, during this time when Nature presents a bleak landscape, my attention is drawn to elements that catch my eye, like a couple of leaves still hanging on the bark of a tree. In times when there are a lot of people competing for the spotlight, I am drawn to those that others may miss.



2024 01-05, 5915 - NATURE PROVIDES A LITTLE CRUNCH - With the weather turning colder, the ground, which is still very moist from all the recent rain, is beginning to freeze. Ice crystals are pushing their way to the surface, and they crunch when I step on them, adding a new adventure.



2024 01-06, 5916 - SHAPED BY THE ELEMENTS - There is a birch tree at the edge of the orchard that is bent over to the point where it will never grow straight again. Each year the elements cause it to bend more. I am inspired by its spirit and think of people dealing with the elements of life.



2024 01-07, 5917 - TALE OF A DRAGON FLY - Recently, browsing the Internet, I stumbled on a beautiful leaded glass dragon fly, and seeing that it was local, I arranged to purchase it. A few years ago, my wife was rescued from an accident where she wound up in the water. A dragon fly waited with her.



2024 01-08, 5918 - FINALLY THE WAIT IS OVER - Finally, two months into the season, it appears as if the snow drought has ended, and outdoor enthusiasts can breathe a sigh of relief. It seems as if we spend a good part of our lives waiting for something, sometime worrying about life situations. Realizing you are not alone can be a comfort.



2024 01-09, 5919 - WINTER WONDERLAND, TAKE TWO - We are back to a winter wonderland of white, at least for a few days. The weather and life seem to be going through a lot of changes. People often find their plans subject to change. The goal is to stay true to positive intentions.



2024 01-10, 5920 - STORM WARNINGS - The weather forecast on the news said that there would be a red sky as daylight began which would indicate a big storm coming soon. The sky did turn red, and we planned our day with inclement weather in mind. Life has a lot of warning signs. My goal is to include them in my planning.



2024 01-11, 5921 - BEGINNING TO SEE THE DIFFERENCE - Now that we are about three weeks away from the shortest day of the year, I am beginning to see and anticipate the expanding daylight. It is a January ritual for me. Sometimes we do not see the positive changes we make in our lives until a little time has passed.



2024 01-12, 5922 - MUSH - The recent foot of snow, followed by an inch or two of rain and warm temperatures, turned the landscape to mush. It reminded me of certain fine chopped foods with an excess of moisture. Some are very tasty. Life has a lot of mush, some likeable, some not.



2024 01-13, 5923 - THE FLOW CONTINUES - The water is running down the mountainside in the brook on its way to the ocean. The warm weather continues to keep, normally frozen, water open. Life has a flow to it, sometimes moving rapidly and sometimes moving slowly. The calm waters of life are in our hearts.



2024 01-14, 5924 - TOPSY-TURVY - It seems as if everything in Nature is topsy-turvy. It is hard to tell what season we are in. Maybe you have noticed: it is not only Nature that is topsy-turvy. All of life seems to be experiencing it. At least we have the guidance of our hearts.



2024 01-15, 5925 - RAIN VS SNOW - The last couple of snowstorms have turned into rain events leaving a real mess for those that plow the wet heavy aftermath. The rain also leaves an interesting effect on the uneven surface of the remaining snow. I think of people who have been buffeted by the effects of life.



2024 01-16, 5926 - PILING UP - A couple of weeks ago the ground was brown. Now, with storm after storm, the snow is beginning to pile up, creating a problem for snow removal. People seem to have life stresses piling up on them like the snow on the ground. It is important to have a good positive inner stress removal program.



2024 01-17, 5927 - THOUGHTS ON GRATITUDE - Winter is not easy here in the foothills. There are a lot of extra costs, some planned for, and some not, creating stress. I have set my intentions to find something each day to be grateful for, and the other day someone that I would not think of as being grateful used that very word.



2024 01-18, 5928 - FLUFFERNUTTER - The most recent snow was light and fluffy, not like the storms before. The large millstone resting on the stone wall reminds me of a giant bagel waiting for a coating of peanut butter to create a giant fluffernutter, a favorite from my childhood. I smiled and enjoyed the snow.



2024 01-19, 5929 - THE SUBJECT OF TIME - We are now more than halfway through meteorological winter, and I am noticing a difference in the ever-expanding daylight. I think of the concepts of time. Is it all happening at once? Are there worm holes we can travel through? I know as we get older, time speeds up.



2024 01-20, 5930 - TRACKS IN THE SNOW - Often when we talk about tracks in the snow, it is about wildlife that move about in the winter, but this focus is on tracks that skiers leave on the Center's Hypnosis Glade Trails. It is heartwarming to know others are experiencing the beautiful energy of the land.



2024 01-21, 5931 -NOT A NORMAL WINTER - This has not been a normal winter. In fact, it may be a record setter. Many winter activities are just getting started, including waiting for the ice to freeze on the lakes. When I think of it, our lives are not as normal as we think they are. There is always something out of the norm.



2024 01-22, 5932 - THOUGHTS ON HOW WE VIEW LIFE - There are so many different ways we view life. Some of us have the ability to visualize in our minds and can see themselves involved in activities. Some can experience them like they are actually doing them, and others may do both or neither. It helps to know.



2024 01-23, 5933 - PREDICTIONS, FORECASTS, AND EXPECTATIONS - One of the first things I do after setting my intentions with gratitude is to check the weather forecast to see what the predictions are for the day and beyond. Then I prepare with what I expect I will need, and also for the unexpected.



2024 01-24, 5934 - A DAILY DOSE OF MIND VITAMINS - Many of us have a daily routine, taking vitamins to enhance our health. You might consider inhaling a daily dose of heart-filled love energy to sustain you, knowing that it is always there whenever you want to experience it.



2024 01-25, 5935 - ICY DESIGNS - Finally, the water in the little brook that flows by the house froze enough to create some icy designs that I was able to capture in a few photos before the warm day melted them. Each day can have some special designs that can quickly disappear. Making note of them can bring a smile to my face and heart.



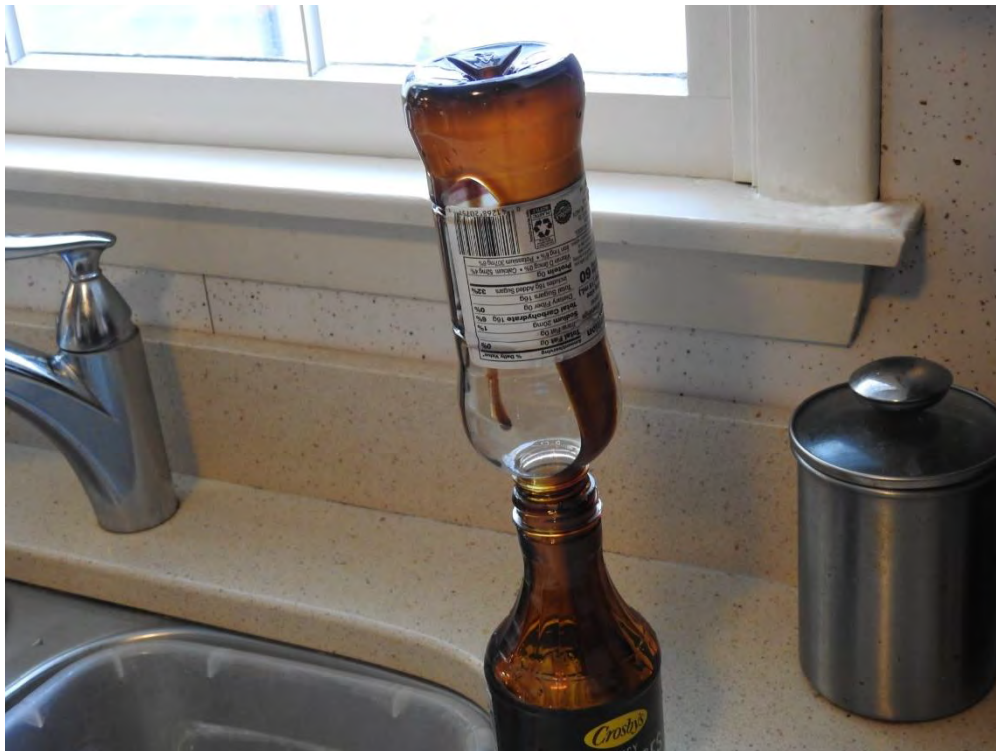
2024 01-26, 5936 - JUST WHEN I THOUGHT I HAD SEEN IT ALL - I thought we had experienced all the different types of winter storms this year when we were hit with an ice storm leaving the driveway a skating rink. Actually, we knew we would be sanded. There is always something unexpected in life.



2024 01-27, 5937 - A SPARKLING MORNING - I was greeted on a recent morning by the sun shining on frozen droplets of water on the trees. It was a magical, sparkling start to the day and the same way I feel inside when I set my intentions to inhale love and exhale positivity everywhere I go.



2024 01-28, 5938 - SLOWER THAN COLD MOLASSES - I recently watched my wife combining two containers of molasses. It was cold, and it flowed very slowly, reminding me of the old saying, "slower than cold molasses". Fortunately, we all have a warm loving heart to help us move at our best pace in life.



2024 01-29, 5939 - THE WOODS ARE FULL OF TURKEYS - A flock of turkeys passed by a couple of days ago, something we have not seen much of this winter. They are making adaptations to their living conditions, something that humans also do as their environment constantly changes.



2024 01-30, 5940 - RECEIVING AFFIRMATIONS - I am always on the lookout for affirmations that let me know I am on the right path for my soul's purpose. They often come in the form of a heart, that to me means heart-based love, a very powerful loving energy. I am not alone in getting affirmations; everyone has them.



2024 01-31, 5941 - PLASTERED - The recent snow, a heavy and wet, plastered the landscape with white, including the sides of the trees facing the storm. I thought of how thoughts can be plastered in our minds, not wanting to let go. Fortunately, we can melt away the negative ones with thoughts of love in our hearts.



2024 01-31, 5941 -PAUSE FOR A MOMENT, TURN THE CALENDAR PAGE - Today is the time to pause for a moment, take a deep breath, exhale slowly and turn the calendar page to February. We have made it through a long month, and now is a great time to reset and embrace the slowly approaching spring.



2024 02-01, 5942 - PAUSE FOR A MOMENT, TURN THE CALENDAR PAGE - Today is the time to pause for a moment, take a deep breath, exhale slowly and turn the calendar page to February. We have made it through a long month, and now is a great time to reset and embrace the slowly approaching spring.



2024 02-02, 5943 - CELEBRATING GROUND HOGS DAY - According to the legend of Ground Hog Day, if it sees its shadow when leaving its den, there will be six more weeks of winter. Regardless, we are now halfway to Spring, and it shows every day with the increasing daylight. It is time to plan for the season ahead, filled with hope.



2024 02-03, 5944 - IT'S UP TO THE BEECH TREES - About the only color left in the landscape in February, besides the greens of the evergreens, are the brown beech leaves that continue to hang on their branches. As the weather warms, our thoughts of winter will give way to the more colorful thoughts of spring.



2024 02-04, 5945 - BRIGHT SPOTS - It has been a while since the sun has spent a full day with us. It certainly is a bright spot during this time of cloudy weather. The sun just may brighten up a lot of peoples' days, and they may just go on to do something positive that may be a bright spot in someone else's day.



2024 02-05, 5946 - SHINE POWER - We found a small broken stone that was probably from a truckload of rocks that we got to line the sides of our driveway. When it is in position to reflect light, it really shines. In the shade, it is dark. It showed me that life and people have different sides if we take the time to notice.



2024 02-06, 5947 - LIGHT AT FIVE - Finally, the sun is now setting past 5:00 PM, something I have been waiting and watching for since the shortest day of the year. We are now on our way towards longer days. Every day of the year I intend to focus on the inner light that people have that brighten each other's days, not just at 5.



2024 02-07, 5948 - TRAVELING THE BACK ROADS - We have many types of roads here in New Hampshire like most other places in the world. Sometimes it's fun to take the back roads to be closer to Nature and a less stressful drive. We have found it is always good to be prepared for any kind of road we travel in life.



2024 02-08, 5949 - KEEPING AN EYE OUT - I have seen heart signs in about every place I could imagine. The other day I spilled some water from the coffee pot, and I smiled when I saw a heart had formed on the counter. Skeptics would say it was by accident, but I believe it was a sign that I am not alone.



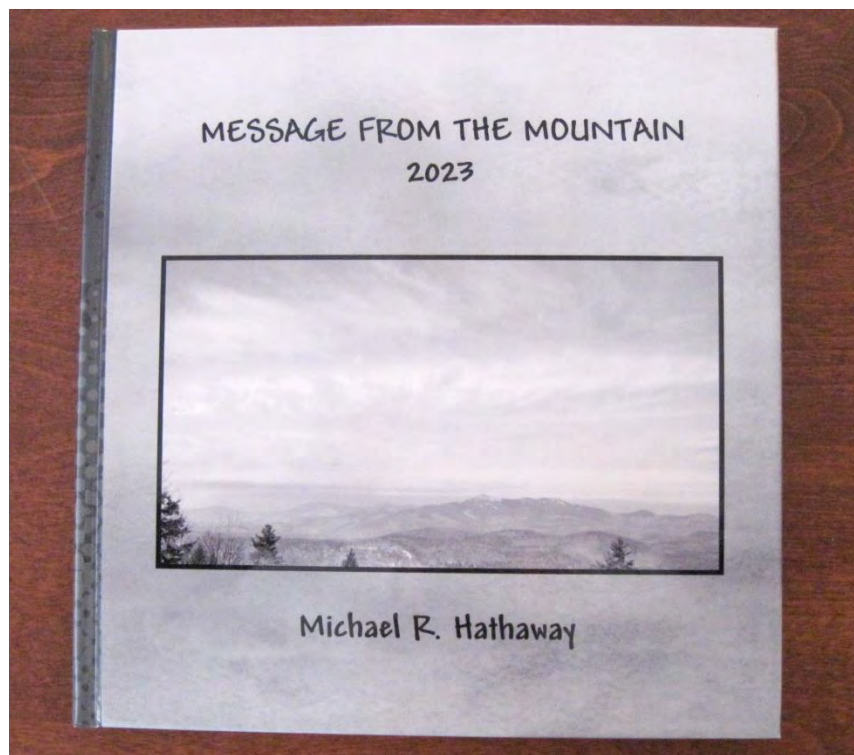
2024 02-09, 5950 - SLEEP WELL - With all the stresses of the world and the opening up of almost everyone's intuition, people are finding that their sleep patterns may have changed. For me, when I am awake at night, I focus on something I am grateful for. Sounds of Nature are helpful for many. My goal is to forget that I am awake.



2024 02-10, 5951 - A SPECIAL TREAT - A flash of red on the bird feeder just outside the window caught my eye, and I grabbed a camera and carefully got a little closer. Then I saw a female cardinal on the brace above the feeder. The pair together was a rarity and a special treat. I knew I had been given a special sign.



2024 02-11, 5952 - HARD COPY - My wife creates for me a book of the previous year's podcasts and gives it to me on my birthday each year. I really love to hold the results in my hands. In this age of electronics, it is easy to miss the physical connections, not only between people, but in Nature.



2024 02-12, 5953 - ICE FISHING - Today's Podcast is the story about an ice fisherman and his search for the perfect fishing spot. It is a story that probably most of you have heard in one form or another. The subliminal message is that there is more than one view to life: a big picture and a little picture.



2024 02-13, 5954 - IT'S A MUDDY WINTER - This winter has been one of the muddiest I think I have ever seen. It seems as though we have been freezing and thawing since November, and just when you think it may be spring, it changes again. My goal is to approach each day, regardless of the weather, with love.



2024 02-14, 5955 - A DAY OF LOVE - Valentines Day is a day of love with an incredible amount of money being spent on cards, candy, flowers, and dinners. I can imagine how that energy of love being celebrated every day, without the expense, could help change the world.



2024 02-15, 5956 - OPEN WATER - As this strange winter continues, I have been watching patches of open water that are normally frozen by the middle of February. They could freeze anytime, or they may not. I just know that, regardless of water conditions, I set my intentions to go about my day with gratitude and love.



2024 02-16, 5957 - DRAMA IN THE SKY - The evening sky was filled with drama as the sun settled behind the mountains across the valley. The light pinks gave way to foreboding clouds as darkness began to descend, reminding me of the different moods that people experience. Inner heart love is a ray of sunshine.



2024 02-17, 5958 - RIDING THE WEATHER-GO-ROUND - Our up and down round and round weather continues with a little snow before the next warm spell arrives. Of course, life is doing the same thing, with all its ups and downs and round and round decision making.



2024 02-18, 5959 - THOUGHTS ON PLAYING HUMAN - My thoughts have often been different than others'. It may be because of the way my mind processes, but I have learned to accept my own process and positive purpose, and trust that if I am right, the unknown elements that exist around me are real.



2024 02-19, 5960 - FOLLOWING THE HORIZON - As the sun continues to add minutes to the day each time it sets, I am also noticing that the setting point is moving further to the north along the horizon. This affects our lives and our daily positive intentions, as we progress towards spring.



2024 02-20, 5961 - THE HEART MOVEMENT - I have noticed lately, even though we are in a heart month, that more and more people are posting heart pictures that they find in nature to show love, gratitude, and positivity. I believe it is the beginning of a movement.



2024 02-21, 5962 - BARE GROUND - When I was a child, I would look for patches of bare ground this time of year, starting with big trees whose limbs kept winter snow from piling up close to their trunks. Then it would snow again, just as in life when we think things are in the clear.



2024 02-22, 5963 - KEEPING TRACK OF THE TRACKS - There are a lot of things to keep track of in Nature this time of year as well as in Life. Keeping track is a good way to stay current. It is as easy to get caught in bad weather as it is easy to lose track of health or finances.



2024 02-23, 5964 - SWOLLEN BUDS - I have a pussy willow bush near the entrance to the Center and I recently found that its buds were swollen and about ready to pop open with their fluffy white blossoms. We have spring goals that are about ready to pop into positive actions.



2024 02-24, 5965 - MEASURING PROGRESS - The sunflower trellis that holds up a wild rose in the summer, acts to help keep track of the snow depth in the winter. I will watch this daily over the next month or so until the snow has finally disappeared. This is a great time to activate positive spring goals and measure your progress.



2024 02-25, 5966 - TWO FOR ONE - Everyone loves a bargain, and once in a while Nature gives me a two-for-one special when I find a subject for a podcast. When I looked at the photo of the wild rose trellis, I saw a small face, which I thought might be a message from spirit. I like to believe that something is watching over us.



2024 02-26, 5967 - ON THE MOVE - We have noticed, driving the back roads of ME and NH, that deer are on the move, coming out of the woods in late afternoon and early evening to graze in the fields where the snow is melting. I have also noticed that people are on the move, searching for spiritual nourishment.



2024 02-27, 5968 - TAPPING TIME - After a year's absence, our maple trees are being tapped again. Over the next few weeks, we will watch Mark collect sap to boil down to tasty maple syrup. Just like the maples, our souls have opened up to the nourishing flow of positive energy for us to share with others.



2024 02-28, 5969 - STANDING OUT AGAINST THE SKY - The old pine across the road showed its dark silhouette against the red evening sky. It was a gratitude moment for me, taking my mind away from my day's focus for a few moments. After the brief pause, I continued, feeling refreshed.



2024 02-29, 5970 - THE WORLD TAKES A LEAP - This is a Leap Year in which the world adds a February 29th every four years with an occasional exception. It turns out that a year is approximately 365.25 days long. Imagine if the whole world embraced peace and love the same way as it does time.



2024 03-01, 5971 - THE LIONS VS THE LAMBS - As March approached the first day of meteorological spring, the lions roared loudly, but this year the lambs came in with a powerful peaceful energy that just may win the month. Imagine heart-based love winning over the fear and anger in the world.



2024 03-02, 5972 - CATCHING SOME SUN - I recently took a moment and enjoyed watching a chipmunk catching some sun. Just as people are waking up their minds for spring projects, so is wildlife. All are filled with positive possibilities.



2024 03-03, 5973 - TURNING RED - Another good indication that spring is on the way is the turning red of the maple sprouts and young limbs that give the landscape a little color. Soon there will be buds, and then the green leaves will follow. Nature, as well as people, is sensing the change in the seasons of life.



2024 03-04, 5974 - THE OLD-FASHIONED WAY - I do love to watch the maples being tapped the "old-fashioned way" with metal buckets hanging on the trees. There are some upgrades like a battery powered drill. I think of the old-fashioned way of communicating in person. It is different today, but we can use the integrity of the old ways.



2024 03-05, 5975 - WHO IS FOOLING WHOM - As the brook roars down the mountainside and the temperature is above normal, I noticed the lilac buds were bright green. I wondered if it was really Spring or is Nature just fooling us. We try to fool ourselves when our ego gets in the way of our purpose.



2024 03-06, 5976 - SPRING ROAR - We are in the middle of spring runoff on the mountainside and our little brook is roaring past on its way to the valley below. I love its sound and inspiration to set my intentions for a day filled with positive adventures and miracles as I wander about following my soul's purpose.



2024 03-07, 5977 - I CAN FEEL THE PUSH - Every year about this time I can feel the energy of the plants below the frozen ground start their push to find daylight. It can cause my skin to prickle or my legs to feel tight. Our souls are also feeling the push to connect with the next stage of its purpose.



2024 03-08, 5978 - THE RESULTS ARE IN - The other day we received two bottles of fresh maple syrup, the result of our friend's hard work tapping the trees, collecting the sap, and boiling it down. It is good to have small success goals along the way to the big goal. It is a way to measure the results step by step.



2024 03-09, 5979 - THE GREAT DEBATE - The great debate is on again this year in our country as well as other countries in the world. Do we want to have daylight savings time or not? Tomorrow we change to it again. It appears life is full of debates all year long as to what is best for us or for our egos.



2024 03-10, 5980 - WEATHER FORECASTING - I find that when the weather forecast comes on, I slip into a light trance and miss what is being said. Of course, the forecasters want to keep us in suspense, so we stay tuned. There are often two sides to a news story. It is good to know all the facts in a forecast to help us decide.



2024 03-11, 5981 - PURE JOY - Finally, after a year of anticipation; watching the tapping of the maple trees, the collecting of the sap and receiving the golden syrup, I felt pure joy and appreciations as I took a bite of hot blueberry pancakes. Joy is something we can feel both when we give and when we receive.



2024 03-12, 5982 - ENRICHING THE SOIL - The forecast for an above normal temperature spring caught us off guard when a snowstorm dumped another 4 to 6 inches on our practically bare ground. It was not what we were looking for, but Nature was actually enriching the soil. Life is full of often unappreciated enrichments.



2024 03-13, 5983 - CHIPPING AWAY - I had to smile as I went to open a window and noticed a paint chip on the sill in the shape of a heart. I was reminded that, in life, when we chip away at our worries, turning them over to our Belief, the artist chips away the excess to reveal what they already see.



2024 03-14, 5984 - STARTING OVER AGAIN - Now that the recent snow has turned the landscape outside our windows white again, Nature is starting the melt all over. In life, as I am non-visual, I often have to start all over again on a project. Each time that happens I have the opportunity to make corrections.



2024 03-15, 5985 - DESIGNS IN THE MUD - We decided not to plow the snow during the last storm because of the soft ground. However, it was necessary to drive back and forth with the truck to break up the frozen snow. It created an interesting design. In life, changing tactics can create new designs of success.



2024 03-16, 5986 - STOPPING BY FOR LUNCH - We don't get a lot of guests for lunch as my social world is much different than my parents' was, so the other day I smiled when I saw hoof prints leading to the ivy bush right outside of the Center. I guess we do have guests for lunch after all.



2024 03-17, 5987 - WEARING OF THE GREEN - Today, St. Patrick's Day, many people wear green to honor their Irish heritage, and Nature has its own green that dresses up rocks and trees. Every culture in the world has something to celebrate, and today it is Irish green that brings smiles to faces of all ages.



2024 03-18, 5988 - NATURE'S DISAPPEARING ACT - A week ago Nature deposited a half foot of snow on the mountainside and, just like a trick I used to do in a hypnosis show, with the snap of a finger, it all disappeared. Nature might snap its fingers again and it will reappear. Things often reappear in life.



2024 03-19, 5989 - SPRING UNITED - This is the day that a great many people have been waiting a half year for. It is the day when meteorological and astrological springs come together giving true hope that winter plans will now become reality. Nature and people are waking up after a long winter of physical and mental sleep.



2024 03-20, 5990 - THE FIRST VISIT OF THE SPRING - The wet conditions improved enough for us to park at the bottom of the road to the Orchard and to hike up to check on the Cabin to see how winter had affected the land. The positive energy was incredible, and part of my goal is to share that energy with others.



2024 03-21, 5991 - THE FICKLENESS OF SPRING - The calendar now says spring, but nature is being very fickle this year and keeps going back and forth between seasons. At the same time a lot of people are finding life very fickle also. It is a time to listen to your heart.



2024 03-22, 5992 - DISCOVERING THE UNSEEN - Recently I discovered evidence of wildlife here that would have remained unseen except for tracks and pictures on our game cameras. A set of well-defined tracks in the fresh coating of snow appear to be a fisher cat. We also have an unseen team that watches over us.



2024 03-23, 5993 - THOUGHTS ON BEING CONFUSED - I thought when the calendar changed, it would be spring. Nature has other plans with the biggest snowstorm of the season. We often make plans that are interrupted, causing confusion, making it hard to set our goals. There is an old saying, "If you don't like the weather, wait a minute; it will change."



2024 03-24, 5994 - FEEDING UNDER COVER - It is interesting to me that when we have a snowy day, the birds will show up to feed. I believe they feel safer under the cover of the storm where predators cannot see them. A lot of people like to try new adventures under cover at first, where they feel safer.



2024 03-25, 5995 - Zero to 28 - Two days ago we had zero inches of snow on the ground. Now we have 28. So much for spring. Many people had to change their plans. Here in the foothills the weather often interrupts plans. Then again so does life in general. This snow will not last long. Life will resume again.



2024 03-26, 5996 - A CONFERENCE AT THE FEEDER - During the recent snowstorm, we noticed that there were several different bird varieties eating at the same time on the feeder. I thought of how great it would be if all the different nationalities in the world could come together with respect for each other.



2024 03-27, 5997 - GUIDANCE IN THE MIDDLE OF THE STORM - As I watched our massive snowstorm out the window, at two different times I saw hearts form and disappear. To me that was a sign from my spirit guides that they were watching over us. We all have that guidance, whether you call it God, angels, or something else.



2024 03-28, 5998 - POSITIVE THOUGHTS ON CLOUDY DAYS - This month, and most of the winter, the sun has only shone about twenty-five percent of the time. A lot of people depend on the sunlight to feel happy. Doing something positive for others, with gratitude, can help create sunshine in your heart.



2024 03-29, 5999 - PAYING TRIBUTE - On the day that our sister non-profit is having the Willie Harris Jazz/Blues Jam, I am thinking of all the people that have made a difference in my life and other's. We do not need to have a big concert to pay them tribute. A word of thanks, a note, or some kind of public mention goes a long way.



2024 03-30, 6000 - PODCAST 6000, ONE DAY AT A TIME - Eighteen years ago, I attended a workshop on podcasting, something new to me at the time. Today is my 6000th podcast inspired by Nature, especially on the Mountain. The goal was and is to let the Source channel something positive through me for others. You do the same, one day at a time.



2024 03-31, 6001 - A GLORIOUS MORNING - Easter is a time for the Christian community to come together to celebrate the resurrection. There are also other holy celebrations taking place this time of year for different beliefs. It is a time for all of earth's creatures to come together and resurrect a peaceful world.



