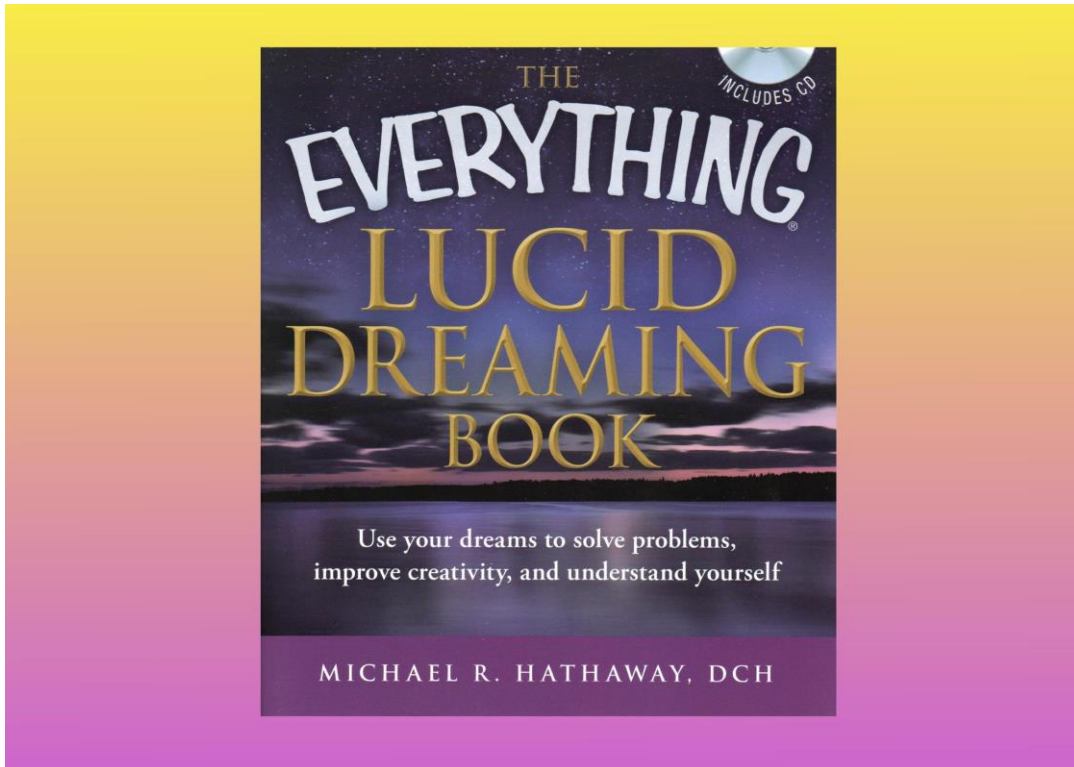


Message from the Mountain
2012

Michael R. Hathaway



2012, 01-01, 1528 - DREAMING - HAPPY NEW YEAR 2012! It is the year that people have been anxiously awaiting. It is a time to create and work with your dreams. Penny and I are also excited to announce that the new "Everything Lucid Dreaming Book" is now in bookstores and on Amazon. Dream on.



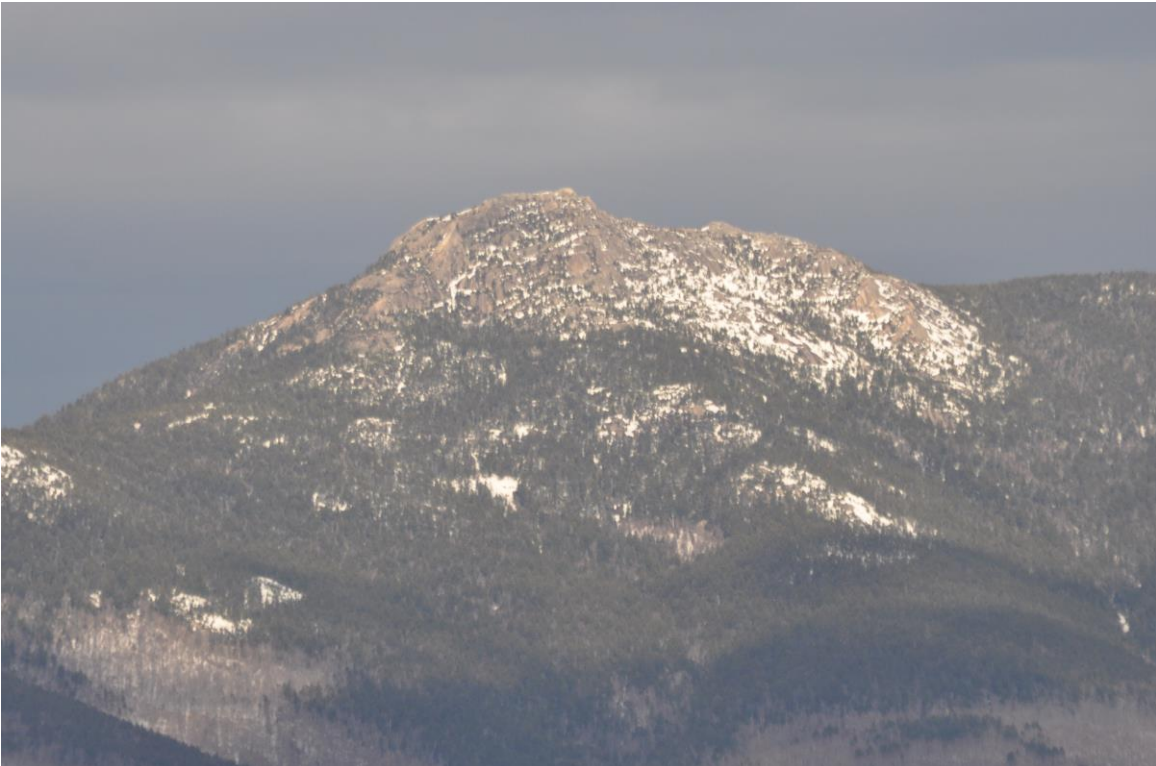
2012 01-02, 1529 - A HOLLOW SHELL - The hollow shell of a beechnut, the fruit long since gone, caught my eye in the bright sunlight. I observe a lot of people that exist in life as if they were just a hollow shell of what they had been. They forget that they still have their fruit locked away inside.



2012 01-03, 1530 - A GREAT TIME TO EXPLORE - The lack of snow has provided us with a great opportunity to explore some of the land at the center that we have not yet fully investigated since it was purchased. This is also a great time for you to explore the passions in your life.



2012 01-04, 1531 - QUANTUM WORDS - The words and the energy that you utter them with exist someplace in time and may come back to you or others when a like energy attracts them. That is why I always end each podcast with, "May these words be right and good for you whenever you hear them".



2012 01-05, 1532 - A VIEW OF THE NEIGHBORS - From the clearing at the top of the view, I can see many houses dotting the ridgeline of the closest mountain. As I pass by, I feel like I am in a gold fish bowl. Hopefully our neighbors will always be the animals and birds that choose to live here.



2012 01-06, 1533 - MINI OASIS - We discovered a mini oasis, a thin base of several trees grown together. It looked as if I was gazing down on an ocean. My mind wondered what it would be like to travel on that sea. You can create a mini oasis in your mind any time you want an adventure.



2012 01-07, 1534 - GUARDIAN OF THE LEDGE - The wooden serpent raised its head and neck above the ledge as if it was giving a warning to keep my distance. Of course it was just an old dead tree, but still it stimulated my childlike imagination to think about what may have walked this land in ancient times.



2012 01-08, 1535 - A CURRIER & IVES SCENE - As I looked down on the lake below and across the valley to the mountain ranges off to the west, I was reminded of a Currier and Ives scene from the past. I wonder if those rushing about their lives below feel the same peace as I do here on the land.



2012 01-09, 1536 - CLINGING TO LIFE - The old tree has spread its roots over the ledge and barren ground searching for nutrients as it clings to life. It is in a precarious position as it cannot pick up and move. We, on the other hand, can transplant ourselves to new ground as we transform our lives.



2012 01-10, 1537 - A WINTER BOUQUET - The lack of snow has given me the chance to discover a lot of winter bouquets that would have long since been covered up in a normal snowfall year. Then again, every day, life offers a new experience with beautiful bouquets to discover regardless of the season.



2012 01-11, 1538 - LICHEN OR NOT - Lichen grows on trees and boulders as part of the landscape here in the mountains. Like it or not we grow and age as the lichen. Each day we are given wisdoms to use on our progression through our soul's purpose.



2012 01-12, 1539 - SNOWFALL - Finally there will be significant snowfall today to bring the tourists to this area to enjoy outdoor activities over the long weekend ahead. The earth is a blank slate where dreams can be created anew. We have a blank slate to start anew, every day.



2012 01-13, 1540 - A MINIATURE LANDSCAPE - I looked down at miniature world of vast forests that stretched as far as the eye could see. In reality it was only a small patch of ground. Yet for the smallest creatures it may be all they know. Some of us live in a miniature landscape in our minds.



2012 01-14, 1541 - EARTH ANGELS - There are angels watching over the earth from above and angels watching over the earth who are living life as humans. Liz Whitman was one of those - an angel on earth who now continues her assignment from above.



2012 01-15, 1542 - EVENING LIGHT - The evening light dances across the snow covered hillside as the sun sets in the west. The scene constantly changes. Sometimes we forget that life is constantly changing as we play out the same scene over and over.



2012 01-16, 1543 - TINY TREES - The tiny trees that really aren't trees in the first place grow on the forest floor, looking as if they should be on some tropical island in warmer temperatures. They often go unnoticed because of their size. To experience them one needs to be on their level.



2012 01-17, 1544 - AN OBJECT OF BEAUTY - The stump from a two-inch sapling cut at the edge of the trail has become an object of beauty, now appearing as a tree of fungus. We often see the ugliness in life before we see the beauty that is also there.



2012 01-18, 1545 - BEING WATCHED - As I walked the old road the other day I scanned the woods in search of wildlife. Suddenly I spied what at first appeared to be a large black stump. Then I noticed two ears. I was being watched. I wonder what else watches and watches over me.



2012 01-19, 1546 - HOLEY TREE - The old pine is riddled with holes. I don't think I have ever seen so many in a tree. The woodpeckers know where to look for their nourishment even though to our eyes the tree looks healthy. Positive thoughts and gratitude can help your mind keep your tree healthy.



2012 01-20, 1547 - BARE BONES - The remnants of the old tree which lies on the edge of the orchard is worn away down to its bones. You can see how far into the core the limbs were anchored. In its day it could face the forces of nature with strength and dignity. It is still magnificent as it fades away.



2012 01-21, 1548 - CLINGING TO THE BRANCH - The fresh snow clings onto the branch until the wind or sun causes it to fall to the ground. It could remain for a short or long period, depending on the weather. The Universe often knows when it's time to leave the branches we cling to.



2012 01-22, 1549 - BECOMING UNWOUND - The bark on the old birch tree is slowly unwinding, exposing what is left to nature's forces. Fortunately for humans that believe in a higher purpose, the Universe helps keep them protected from the forces that would strip away their outer layer.



2012 01-23, 1550 - OUTER FRINGES - The outer fringes of the snow close to the water in the brook are in a perilous position. They could be swept away at a moment's notice. We often fear our psychic abilities, afraid that we will fall over the edge when we embrace them.



2012 01-24, 1551 - BROKEN - The tangle of broken trees and their limbs pose a danger to anyone walking under them. Things break. Sometimes it's our limbs or other parts of our lives. Fortunately humans have a spiritual connection to the Universe that when used helps heal our souls.



2012 01-25, 1552 - THROUGH THE GLASS - Through the glass of the window in the treehouse I watch daily drama of the birds and animals that come into view. When my son is home, he closes the drapes because he does not like height. In life, many people fear looking through the glass into their soul.



2012 01-26, 1553 - A FIRM GRIP - Wearing crampons over my boots when walking in icy conditions helps me keep a firm grip under my feet. I have learned to trust in them. On the walk of our soul, our spiritual connections help us keep a firm grip on our journey.



2012 01-27, 1554 - TWO SIDES OF A TREE - Have you ever noticed that the bark is different on the backside of most trees? One side may be more exposed to the weather or the sun. You need to walk behind a tree to see the second side. It is good to always see the two sides of people that you know.



2012 01-28, 1555 - ARROGANT SQUIRRELS - Arrogant squirrels remind me of arrogant people. They are only interested in what feeds them.



2012 01-29, 1556 - UNDER A WHITE CAP - The white cap of snow gives the old stump personality. When the snow melts, it will not appear the same. Have you ever noticed how people rely on hats or caps to give them personality? I wonder what they are trying to hide under them.



2012 01-30, 1557 - AN ICY BITE - I spied an open mouth filled with teeth ready to take an icy bite out of all that drifted along in the water. When we feel the icy bite of life, we do have the warmth of the Universe's unconditional love to wash away the sting.



2012 01-31, 1558 - SHARING A BRANCH - I have noticed that certain species of birds seem to travel together for most of the year. Purple and Yellow Finches often do. Some birds, like Woodpeckers, seem to keep to themselves. Then again, people are the same way.



2012 02-01, 1559 - TALKERS AND THINKERS - The two small carvings placed together on the shelf caught my attention. One talked constantly and the other just sat and thought. I wonder if the thinker will ever have a chance to speak his mind if the talker pauses to listen.



2012 02-02, 1560 - WHAT'S GOING ON - A lot of people have been asking, What's going on with the weather? Yesterday, the first day of February, I saw a robin! Then again, beyond the weather, what's going on with the world?



2012 02-03, 1561 - FANTASY AND REALITY - Walking the old road is both a trip into fantasy and reality. It is great to imagine that you are in a different time when you wander along the way. The reality is that it is a place that could change in a moment's notice.



2012 02-04, 1562 - WEATHER-BEATEN - The old tree shows signs of being weather-beaten. It has been sandblasted by the elements. Many people that spend time outdoors appear weather-beaten. They look older than their age. Study their eyes. Has life beaten them, or do they live with a sense of purpose?



2012 02-05, 1563 - WINTER DREAMS - It is the time of year when winter dreams turn to warmer weather. Some of you may go to warmer places while others will only dream of going and then convince yourself that for some reason you can't go. What is your last thought at the end of a dream?



2012 02-06, 1564 - HANGING ON BY A THREAD - The old oak leaf hangs onto the branch by a very thin connection. Its time has passed. We hold onto old thoughts such as fears whose times have past. Now is the season to start to grow new leaves of positive thoughts for success. What hangs onto to you?



2012 02-07, 1565 - LETTING GO OF OLD LEAVES - The oak leaf caught my eye as it lay motionless in a footprint in the snow. It no longer hung on to the branch. The wind could blow it past its tree just as thoughts can bring old fears back, but knowing they are gone can help you establish new growth.



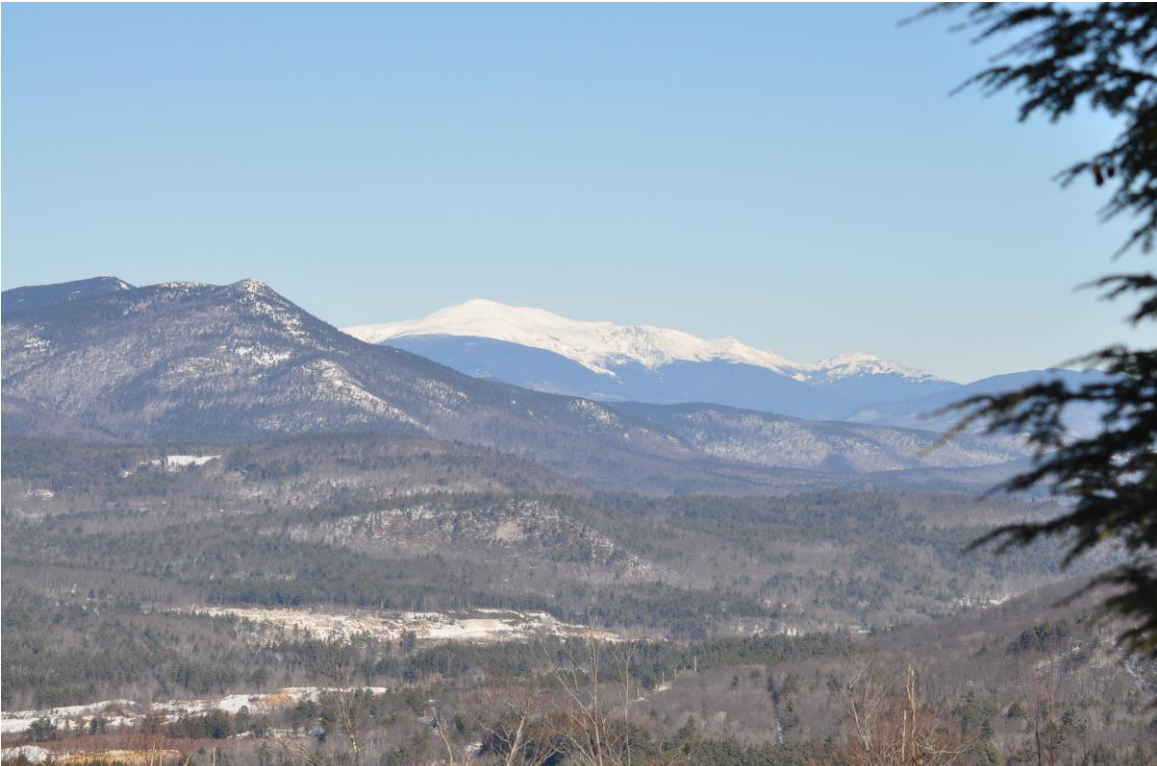
2012 02-08, 1566 - THE LAST OF THE BEECHNUTS - Looking for signs of an early spring, my eyes were drawn to what I first thought were buds high up in the beech tree. On closer look I found that the buds were the last of the beechnuts from last fall. It's time for them to let go so the new buds will form.



2012 02-09, 1567 - HIDDEN AWAY - I caught sight of the elusive Blue Jays as they rested in the morning sun hidden away in a thicket. I have tried to photograph them before, but they never pause on a branch long enough. You may be looking for elusive things in life that are hidden away in plain sight.



2012 02-10, 1568- FROZEN SILENCE - The great mountain stands before me in frozen silence. Many have tried to conquer it. Most succeed, but over the years many have paid the price of failure. It reminds me that many of you have stories frozen in silence in your soul now ready to be told again.



2012 02-11, 1569 - OUT FOR A STROLL - I stopped to photograph a partridge that was out for a stroll on the Class V road on the way to the trails. It stood for a while and eventually ventured off into the woods. It was a special encounter like the ones we often have strolling along our life map.



2012 02-12, 1570 - AFTERNOON BIRCHES - The bright February sun bathed the birches by the old cemetery in bright light. It reminded me of Robert Frost's poem about birches. As I passed them by it seemed as if time had stood still as something stirred in my soul.



2012 02-13, 1571 - SEEING PURPLE - The male purple finch showed its radiant colors as it rested on the branch on a cloudy morning. The display reminded me that, to many people, the color purple is very spiritual. Nature and spirituality seem to go hand and hand.



2012 02-14, 1572 - YOU ARE LOVED - You are loved. It might not seem that way at times, but you are a part of the energy of the Universe and that source is filled with an unconditional loving energy. You may find it in people, plants, animals, or just in your loving thoughts and actions. You are loved.



2012 02-15, 1573 - AN EARLY START - Tapping season for maple trees is off to an early start this year. So too is the allergy season. Have you noticed things seem to be speeding up? Now is the time to put together all your knowledge and put it to good use.



2012 02-16, 1574 - SIGNS OF SPRING - A few days ago I took a telephoto shot of red buds on the top of a tree. Early this morning I heard a bear holler. My wife is getting the sneezes although she says it's just a cold. It's only mid-February. Is winter playing a trick or are changes happening?



2012 02-17, 1575 - HARD WORKERS - Chickadees are some of the hardest working birds that come to the feeder. They take one sunflower seed at a time back to a branch and peck at it until they open it. Other birds can crush the shells and pig out. People, like birds, have different skills. Not all use them.



2012 02-18, 1576 - THE SMELL OF MARBLES IN THE AIR - Yesterday my wife said as she got out of the car "I smell marbles". The moist smell of wet dirt and melting snow reminded her of a favorite springtime childhood game, playing marbles. Changes are taking place.



2012 02-19, 1577 - CATCHING SOME WINTER SUN - Late winter-early spring is one of my favorite times of year. The snow is still cold enough to walk on while the sun is warm on my face. My thoughts turn to dreams of the future.



2012 02-20, 1578 - WINDBLOWN - Where the trail crosses the open view at the top the wind creates deep snowdrifts as it sweeps across the landscape. In life we can find ourselves suddenly struggling to walk our life path on what we thought was firm footing. Positive belief can help find the trail.



2012 02-21, 1579 - DARK SHADOWS - The mountain ranges to the north and west looked ominous and foreboding as I entered the clearing at the top. They were covered with dark shadows and yet there was a warm patch of sunlight where I stood. We always have a spiritual light to shine in the shadows.



2012 02-22, 1580 - LOOKING FOR SIGNS - I spend a good part of my life looking for signs. I look to nature for signs of the changes in the seasons, and I look to the Universe for signs that help guide me in following my life's purpose.



2012 02-23, 1581 - GEMS IN THE CLOUDS - As I studied the cloud formations in the sky I noticed that bordering a small patch of blue, there were wisps of colors, pinks and greens that looked like cotton candy as they floated by - a beautiful sight that caused me to marvel at the gems in the clouds.



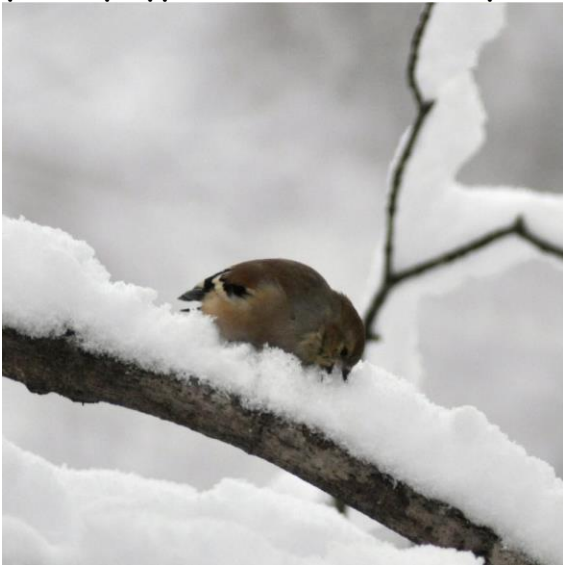
2012 02-24, 1582 - IMPRESSIONS - The small branch broke free from the tree and sank into the late winter snow softened by the warm sunshine. The branch had disappeared but an impression was left. I wonder how many impressions are left in our souls from events lost to our conscious mind.



2012 02-25, 1583 - A SPRING SNOWSTORM IN WINTER - Last night we had a spring snowstorm. The snow was wet and the temperature hovered around the freezing mark. The snow covered the lids on the sap buckets collecting the sweet water from the maple trees. The only thing wrong is that it is still winter!



2012 02-26, 1584 - EATING SNOW - I watched a finch eating fresh snow that had fallen overnight. It looked up, and its face was covered with a snowy white beard. Kids and animals know how to play in any types of conditions. Many adults have forgotten how.



2012 02-27, 1585 - OTHER SIDE OF THE WINDOW - My grandkids gave me a couple of ceramic birds that I placed on the windowsill by the birdfeeder. The other day a finch perched outside eating stray seeds right next to the birds inside. Humans become aware of the other side of the window with psychic flashes.



2012 02-28, 1586 - ON THE PROWL - Although I didn't see it, I knew there was a fox on the prowl in the woods looking for its next meal. Its prints showed me where it dug into the new snow looking for small animals such as mice. Fox and mouse both remained vigilant, a lesson for us.



2012 02-29, 1587 - FIRE IN THE SKY - The bright red sunset appeared as if there was fire in the sky. It reminded me of the powerful fire in my soul to reflect the love of the Universe throughout the earth.



2012 03-01, 1588 - THE LION ROARS - Today, the lion roars. The mountains are covered with a fresh coat of snow as winter makes its return, attempting to stop the forward march of spring. The same occurs in life as we attempt to make progress. All in good time, with gratitude, love and patience.



2012 03-02, 1589 - COVERING UP THE FLOW - The new snow has covered up the surface of the small brook as it winds its way down the mountainside. Still, I know the flow of spring has started and only temporarily hidden from view. This is also true when you think your creative gifts are covered up.



2012 03-03, 1590 - CHOICES - Today I chose to post a picture of a tropical flower I had saved for days like this when the real picture outside is snow and freezing rain. I choose to see the winter conditions through the images of beautiful warm scenes. We always have choices in the way we look at life.



2012 03-04, 1591 - SILVER LININGS - I love to study clouds as many of you do. It could be their formations or their colors. I look for the silver linings in dark gray clouds, indications that the storms will pass and life continues on.



2012 03-05, 1592 - BOULDERS - There are many boulders on the mountainside, small and large. Some people see a boulder as an obstacle, while others use them to find a vantage point. Boulders in nature are just like boulders in our lives.



2012 03-06, 1593 - UNSURE HOW TO PROCEED - I watched a chipmunk peek out of its snow tunnel to determine what the conditions were like. It cautiously started to proceed when a noise started it and back into hiding it went. It reminds me of people unsure how to proceed with their intuitive abilities.



2012 03-07, 1594 - TRANSPARENCY - The bright March sunshine made the old beech leaves seem transparent, and I could almost see shadows through them. They soon will float away in the spring winds. Once you begin to see through negative patterns in your life, you can begin to change them.



2012 03-08, 1595 - FINDING INSPIRATION - Some days I wake up feeling inspired, while other days it may take a bit of searching. That is why I turn to nature. For you it may be a book, an animal, or your connection to your belief. Inspiration can always be found if you believe that it exists.



2012 03-09, 1596 - WALKING A STRAIGHT LINE - The fox walked in a straight line, leaving footprints in the snow as it went about its routine. Dogs often run in circles, following their noses, seeming to have no major destination other than the moment. How are you walking your path?



2012 03-10, 1597 - CAN YOU HEAR IT - Can you hear the water as it flows down the mountainside on a late winter morning? Can you hear the ocean waves breaking on the shore? Can you hear the soft sounds of relaxing music or the laughter of children? What do you hear in your mind?



2012 03-11, 1598 - A SWEET TREAT - The squirrels know how to tap the maple trees. They bite the bark when the sap is running and then enjoy the sweet treats of springtime. When the sap freezes, it forms an icicle, and the birds peck away, joining in on the fun. If we pay attention life, has many sweet treats.



2012 03-12, 1599 - BIG CHANGES - Big changes are taking place here in the valley as the warmth of spring loosens winter's icy grip. With the change one needs to be cautious of where they step. The soft ground can mire you before you know it. Changes in life can do the same thing.



2012 03-13, 1600 - SET APART - The pine tree set apart from the rest. Its red needles stood out against the white snow. Its trunk had been girdled, perhaps by a porcupine, and soon its branches would be bare, with no nourishment to sustain it. When we feel depleted, the Universe can replenish us.



2012 03-14, 1601 - WHEN THE GROUND THAWS - When the ground begins to thaw here in the mountains, small sinkholes form, waiting to catch an unsuspecting driver or walker as they pass by. It is a spring ritual, but in life we can get caught by sink holes any time of year when we forget to pay attention.



2012 03-15, 1602 - IS IT THE SAME - When I go for the same walk over and over again, I have become very aware that nature is in a constant transition. It is never the same. If you think your life is in a funk and stays the same, look for the little clues that tell you things are never the same.



2012 03-16, 1603 - GROWING UP SCRAWNY - The tall pine passed over by the loggers is a scrawny sight. It stands alone to brave the elements of nature. It had to compete for the sunlight as it grew and never developed its limbs. Fortunately for us it is never too late to develop spiritual limbs.



2012 03-17, 1604 - POKING THROUGH - Yesterday I spied the first tiny sprouts of the crocuses poking up through the earth following the melting of the snow. What thoughts or passions for growth are poking up through your unconscious mind? It is also the spiritual growing season.



2012 03-18, 1605 - PATIENCE REQUIRED - It takes a lot of patience to let spring unfold at its natural rate. It can fool you into thinking the transition will be easy, when all of a sudden winter comes roaring back. It takes a lot of patience to follow your soul's purpose. Take it one day at a time.



2012 03-19, 1606 - MIST IN THE WOODS - The warm temperatures and melting snow create an early morning mist in the woods. Even though I have walked the trail hundreds of times, there is something unsure about not being able to see the way. It happens to me in life all the time. I just believe in the path.



2012 03-20, 1607 - CONFUSED - It's the first day of spring, but it could be the first day of summer. The weather seems very confused, and it is confusing the plants and animals. In a way everything seems out of balance. Then again, maybe this is the way it's supposed to be. I just go inward to sort things out.



2012 03-21, 1608 - PROTECTING THE TRAILS - It is the time of the year to protect the trails here at the Center. The ground is soft because of the melting snow and frost. Soon it will be solid again. As you walk the trails of your life, always listen to the guidance from your heart and your gut.



2012 03-22, 1609 - END OF THE SEASON - The warm weather has signaled the end of the tapping season. Now the fruits of the labor will be enjoyed the rest of the year. As you change seasons in your life, use what you have recently experienced to build upon for the next season and beyond.



2012 03-23, 1610 - THE FIRST SIT OF THE SEASON - The other day we had the first sit of the season on the bench at the top of Jen's Clearing on the Thompson Pasture Trail. It was so peaceful. You don't have to wait for a new season to bring gratitude and peace into your heart. It is only a thought away.



2012 03-24, 1611 - ICE OUT- The ice went out in several lakes here in New Hampshire yesterday. It is another sign of the change of seasons and the power of nature. Your belief has incredible power to make positive changes in your life and clear the way for your new season.



2012 03-25, 1612 - RAVEN IN THE SUN - I watched a raven in the bright sunshine as it primped its feathers. The magical bird would soon be off to build a nest in a nearby pine tree. It reminded me that there is magic happening in life all the time if we just take the time to observe it.



2012 03-26, 1613 - BUILDING A NEST - As I watched a raven gather material amongst the lilies to build its nest, I wondered how they knew to fly off in the opposite direction from their destination, only to weave their way back in a zigzag course. I wonder how our souls know the way to our purpose.



2012 03-27, 1614 - AGAINST THE ODDS - The tiny hemlock attempts to survive as it grows amongst the roots of the large beech tree. It will take a miracle to reach maturity. Yet miracles do exist. A miracle is something the Universe knows is real, against the odds, and you are a witness to the results.



2012 03-28, 1615 - NOT SO FAST - Just when we thought winter was over, nature said "Not so fast!" She is in control. Then again the same is true in life. The Universe has a way of saying, "Not so fast!" when we are headed in a direction away from our soul's purpose.



2012 03-29, 1616 - ON HOLD - The recent cold spell has put the grand opening of the apple trees' buds on hold. That may be a good thing as the wait is protecting them from the elements. We put things on hold in our lives also. Things will move forward when the timing is right.



2012 03-30, 1617 - HOW DOES A WOODPECKER KNOW - How does a woodpecker know when to peck a hole in a perfectly healthy looking tree? Do they see something I don't see? How do people know what they know? How do some people see the unseen, while others do not?



2012 03-31, 1618 - I HAVE A DREAM - I have a dream of an incredible place and space that combines the beauty of nature with people as they develop their individual unique gifts to share with and help others on their soul's path. Like creating a butterfly garden, it starts with the dream.



2012 04-01, 1619 - A BREAKING MOOSE - I saw moose tracks that looked like it was applying breaks as it dug into the soft spring soil wandering down the steep trail near the top of the mountain. Its hooves used the ground to hold back its momentum. If you feel out of control in life, use your belief to help slow you down.



2012 04-02, 1620 - SIMPLE GRATITUDE - The display of pansies reminded me of simple gratitude. To me simple gratitude is something that brings a smile to my face and softens the day, opening the way for miracles. When you bring a smile to others, it may open a path to help them find miracles.



2012 04-03, 1621 - SAYING THANKS - I say thanks many times a day, most often in my mind when I am talking to and with the Universe. Yesterday I thanked this source for allowing me to experience an incredible view of nature that I can at least share in words, thoughts and actions.



2012 04-04, 1622 - NATURE'S CRYSTAL BALL - The little droplets of rainwater on the end of the branches sparkled in the morning sunlight like a thousand miniature crystal balls. Gazing into them opened to the world of the unknown. The universe is ready to help guide me as I walk the landscape of life.



2012 04-05, 1623 - PROCESS OF CHANGE - The male Yellow Finches are in the process of changing their color from winter drab to the bright colors they sport during the mating season. Their attitude is changing also. When we change the way we look at things in life, we are also changing the color of our attitudes.



2012 04-06, 1624 - WAYS TO RELAX - One of my favorite ways to relax and reflect is to enjoy a good cup of tea in my "buddy" chair where I can gaze out onto the landscape and the mountains beyond. The more ways I have to positively relax during the day, the closer in time my mind becomes with the Universe.



2012 04-07, 1625 - JOINED TOGETHER - The old twin pines are joined together at the roots, each almost a mirror image of each other. One wonders, if one side was to suddenly become weaker, how it would affect the balance of the whole. Our roots extend deeply into our souls and are balanced by those we are connected to.



2012 04-08, 1626 - RENEWING HOPE - Today is a day for many people of the world to renew their hope, not only for a productive and bountiful summer, but desire for all mankind to exist together in peace and harmony.



2012 04-09, 1627 - NATURE'S ART - Nature not only is the inspiration for art, it is an artist. From a delicate flower to an abstract burl growing out of a tree, nature is currently creating and evolving. Come to think of it, so are you. You are an artist of life.



2012 04-10, 1628 - QUESTIONS - The older I get and the more I discover, the more questions I have about life. What is its meaning? Who walked this land before us? Did someone work the stone on the mountain before the settlers quarried it? Is the unseen real? What is hidden in our souls?



2012 04-11, 1629 - WAITING FOR THE SUNSHINE - The bunch of daffodils waits patiently for the sunshine to return. They have been budded for several days. The flower within you may be dormant, fully open or waiting for inspiration. Just remember that your flower is ever bearing and the Universe's sun is always shining.



2012 04-12, 1630 - MINIATURE WORLDS - I observe many miniature worlds in nature, such as the old stump that is teeming with life. I believe every miniature world, including the ones we live in, are fully connected with, and dependent on, each other for existence. It is the thread of life that binds us to both good and bad.



2012 04-13, 1631 - A PILE OF STONES - A pile of stones rests on the forest floor near the top of the ridge. Some think it is the remnants of a stone structure while others think nature put the pile together. We may never know the true intention of the pile, just as our intentions are sometimes never known.



2012 04-14, 1632 - ANOTHER PIECE OF NATURE'S ART - I admired another piece of nature's artwork as I observed the white sponce growing out of a tree. Nature creates much natural beauty. Then again, you are a piece of nature, and your work is beautiful also.



2012 04-15, 1633 - A BEAUTIFUL BOUQUET - The beautiful bouquet of Mayflowers on the kitchen windowsill has a special double meaning to me. Not only do I enjoy its beauty and fragrance; it reminds me of a special bouquet in my life who celebrates a major birthday today. To my beautiful wife Penny, with love...



2012 04-16, 1634 - TRENDS - Life often runs in cycles known as trends. Fashions and food are two good examples. Right now cupcakes are really popular. Each time a trend comes back, it is a little different than it was originally. Our core values are always there, no matter what the trend.



2012 04-17, 1635 - ROAD HAZARDS - The road of life is filled with many hazards. However it was a little surprising to encounter a large milling machine that had fallen off a flatbed and landed in the road in front of the Center. I try to always thank my team ahead of time for watching out for me.



2012 04-18, 1636 - I WONDER - I wonder a lot. I seem to spend much time in my mind. I wonder if the lilacs will open early this year. I wonder why people think the way they do. I wonder what my next assignment is. I wonder about the meaning of life. I wonder.



2012 04-19, 1637 - WAITING FOR SUNSHINE - The daffodils wait silently in the early morning light for the sun's rays to cast a warm light over them. Perhaps you have been waiting for an inspirational light to shine over you. This is the time of year to be inspired as you look forward to the seasons of life to come.



2012 04-20, 1638 - SEEING YELLOW - As I peered at the forsythia bush through my telephoto lens, all I could see was brilliant yellow. It is a welcome sight as the blahs of early spring fade away. Sunshine, gratitude, and connection to Universe daily can provide the energy of yellow whatever the season.



2012 04-21, 1639 - HOPE FOR THE FUTURE - I have hope for the future. Yesterday I saw the young lupine plants poking their heads up from under the old grass in the field at the top of the mountain. At least some of the seeds we planted are growing. I have hope that today you will plant seeds of positivity wherever you go.



2012 04-22, 1640 - GOLDEN MOMENTS - A recent sunset provided a golden moment that I attempted to capture with my camera. I have had many golden moments in my life but the greatest golden moments are always happening in the now when I take the time to appreciate them with love and gratitude.



2012 04-23, 1641 - PEAR BLOSSOMS - The old pear tree is covered with fragrant white blossoms and is a joy to see as it stands guard near the road. The fruit, on the other hand, is small and hard. Beautiful blossoms do not always bring tasty fruit. The same is true in life. It takes dedication to nurture spiritual growth.



2012 04-24, 1642 - SHARING THE FIELD - The bird looked for food near the small lupine in the field at the top of the mountain. It reminded me of the purpose of the clearing, which is to provide a place where nature and people can come together to share their connection to the Universe.



2012 04-25, 1643 - PALENESS OF SPRING - This time of year I look for colors in nature, especially new growth. I have found when I look at pictures of new growth, what I thought was brilliant turns out to be pale. Your inspirations that turn out to be pale will grow in brilliance if you stay with them.



2012 04-26, 1644 - FOLLOWING THE SIGNS - Spring and Fall are the two times of the year that I seem to focus on signs of the seasons to come, although every day is full of information relating to the constant change that Nature experiences. There are many signs in daily life that something is changing in the Universe.



2012 04-27, 1645 - SHADES OF GREEN - This time of year there are many shades of green to discover as we observe the landscape around us. All we have to do is be aware of them. When you get caught up in a shade of life that is the wrong color, take a moment and find a new positive one to focus on. Be aware.



2012 04-28, 1646 - WILD BEAUTY - The wild beauty of the Choke Cherry blossoms caught my eye as I walked along the trail. I wonder if I would even have seen them if I had I been consumed in negative thoughts. I wonder how many people miss the wild beauty that is within their view.



2012 04-29, 1647 - PUT ON HOLD - Yesterday it was evident that nature had put the beginning of summer on hold. Mount Washington was covered with a fresh coat of snow. Then again, the Universe put aspects of my day on hold so I would be in tune with what my assignment was. Funny how that happens.



2012 04-30, 1648 - SEEDS FOR TOMORROW - Pine trees do not release their seed cones every year. When they do, the ground beneath these tall trees is littered with pine cones. Soon small trees will begin their earthly journey. You plant seeds every day in your thoughts and actions that will spark new growth in years to come.



2012 05-01, 1649 - WILD OATS - I discovered a small delicate flower nestled up against an old stump that I believe is called Wild Oats. It reminds me that "wild" represents freedom, and especially the freedom we have to receive thoughts and creativity from the Universe. The key is how we use them.



2012 05-02, 1650 - LIGHTNING POWER - The awesome power of lightning can change the environment in a flash. Fortunately, when a strike occurred a few years ago in the forest, only a single old pine burst into flames. Knowing that our environment can change instantly helps us also appreciate the team that watches over us.



2012 05-03, 1651 - CHANGING ENVIRONMENT - The trail that is a brook bed for part of the year is actually a Class VI Town Road. A couple of hundred years ago it was well traveled. Neglect has changed it back to simply a trail. Your life's environment can change if you choose to neglect the nature of your being.



2012 05-04, 1652 - SHADES OF PURPLE - The lilac blossom is composed of many shades of purple. It is something I have been waiting to see for a year. Soon it will have faded into my memory, but for the moment it reminds me that there are many special things in life worth waiting for.



2012 05-05, 1653 - SNEAKING A PEEK - We went about our walk with the intention of sneaking a peek at young Lady Slippers as they began to mature on their quest to achieve full bloom. There at the base of an old pine tree we found one. You have beautiful gifts worth sneaking a peak at from a safe distance.



2012 05-06, 1654 - A POD OF FROGS - A friend pointed out to me a gray milky mass just under the water's surface of the small meditation pond at the Center. She said they were frogs' eggs. It's as if the frogs begin in a mist not unlike many of the Universe's ideas that come to us to be born.



2012 05-07, 1655 - COLORS OF SPRING - I noticed that the spring colors on the mountainside also remind me of the subtle hues of late fall. Reds and browns join the greens. Nature has again reminded me that there are many colors in life to discover if we take the time to look.



2012 05-08, 1656 - BLOOMING DIFFERENTLY - The Striped Maple reminded me that all of us bloom differently. Each of us has our own unique ability that matures at its own pace. Our opportunity is to allow it to reach its full potential.



2012 05-09, 1657 - DELICATE BOUQUET - The Purple Violets create a beautiful delicate bouquet mixed in with the grass on the yet-to-be-mowed lawn. Their blooms disappear with the first cut of the lawn mower, but their beauty lives on. Nature always provides something to be grateful for.



2012 05-10, 1658 - UNEXPECTED TWISTS - The tree fighting to survive beside the road had been severely damaged at one point in its life. It had somehow actually been twisted and it now continued to grow with its top almost a right angle to its trunk. Unexpected twists may actually put us on the course of our soul's purpose.



2012 05-11, 1659 - MYSTICAL BEAUTY - The deep purple Iris still had drops of morning dew on its petals when I gazed upon it. It was a mystical sight that reminded me of the deep loving energy that emanates from the core of the Universe. You, the Iris, and I have a chance to experience that love in every moment.



2012 05-12, 1660 - FROM ONE COMES MANY - Over twenty years ago friends gave us a clump of Forget-Me-Nots. From a single plant, I now gaze out at a sea of blue that covers several hundred square feet. Imagine how the seeds of one positive thought or action can grow over time to change the landscape of the world.



2012 05-13, 1661 - A SALUTE TO MOTHERS - Today, Mother's Day, we pay tribute to those that bore us and to those that raised us, as well as the wives that raised our children. Just as in nature, mothers represent the renewal of hope for the next generation to grow and flourish.



2012 05-14, 1662 - MIX AND MATCH - The wild Blueberry blooms and the brilliant blossoms of the Ground Phlox combined to create a beautiful bouquet. Just as in nature the Universe provides many different concepts that we can mix and match in our lives to help guide us on our soul's journey.



2012 05-15, 1663 - THERE WHEN I NEEDED IT - While we were walking the old road, I found a chain saw wrench and put it in the crevasse of a tree where it could be easily seen. Recently I needed such a tool and remembered it was there. The Universe provides what we need when we need it if we keep an open mind.



2012 05-16, 1664 - UNCOVERED - Low tide uncovers many objects such as rocks and boulders that spend much of their existence below the water. You have gifts and talents that you often hide from others that every so often become uncovered whether you want them to or not. Maybe now is the time to accept them.



2012 05-17, 1665 - CARVED BY THE ELEMENTS - There is an old stump of a tree near the Enchanted Pathway at the Center that has been carved over time by the elements of nature. It stands quietly as a piece of art. We all have been carved by the elements of life and are now ready to let the results be shared with those ready to learn.



2012 05-18, 1666 - QUEEN OF THE WOODS - The queen of the woods has returned to hold court for a brief period of time. Sometimes her seeds lay dormant for years before something stirs the soil and she springs to life again. You creative seeds that come to the surface when something stirs your mind.



2012 05-19, 1667 - BOXED IN - The small tree started growing in the middle of an old cinder block. The larger it gets, the more boxed in it will become. Many people feel that they are being boxed in as they attempt to grow. At least we have options if we turn to the Universe for guidance.



2012 05-20, 1668 - PERFECT SETTING - A hanging vase provides the perfect setting for my wife to bring in cuttings from the flowers that grace the landscape of the property. Wherever you are is the perfect setting to take a moment and connect to the peaceful energy of the Universe. You become the bouquet.



2012 05-21, 1669 - ANOTHER PIECE - My wife and I finished cutting another trail this week. The planning started last year. Step by step we worked on it until it became a manifested reality. This trail, just as we are, is only a piece of the greater whole. The process of following our soul's purpose is endless.



2012 05-22, 1670 - RIGHT ANGLE CURRENTS - The conflict between the tide and the river caused the end of sandbar to come to a right angle where the waves met. It is a drama that plays out over and over again as the tide ebbs and flows. A skillful skipper knows how to navigate through unsafe waters, just as the Universe can guide us.



2012 05-23, 1671 - DELICATE FLOWERS - There at the edge of the clearing beyond the brook, some delicate white flowers caught my eye. They turned out to be White Baneberry. It was an exciting discovery. You have gifts that are like delicate flowers waiting to be discovered inside of you.



2012 05-24, 1672 - NOW WHAT? - A young black bear posed indignantly against a tree outside a window close to the house. It had come for a little snack and did not appreciate my interruption. The flow of life doesn't always go the way we plan, and that can be a wonderful opportunity to learn about what comes next.



2012 05-25, 1673 - OLD FASHIONED VIEWS - The Honeysuckle brings back childhood memories of sitting on my grandparents' porch during the summer and watching the bees and birds enjoy the Honeysuckles that provided shade. It was a different time. Today, young people rely on the old fashioned views in their soul.



2012 05-26, 1674 - THE BITTER AND THE SWEET - Many years ago we admired a vine at my cousin's place on the coast. It was covered with beautiful red berries. Little did I know what we were in for. That vine spread all over the place. Its sweetness became bitter. Of course it is the Bittersweet vine. Life is a balance of the bitter and the sweet.



2012 05-27, 1675 - READY TO GROW - The small fruit on the pear tree is ready to grow. It is the time of year when we all hope and dream of a summer filled with growth on many different levels. You are ready. It is time to honor your passion. It is time to grow.



2012 05-28, 1676 - A DAY TO REMEMBER - Memorial Day is a day to pause for a moment and remember all of those that have served to help us enjoy our freedom, my father being one of those. I have many memories as a child marching in Memorial Day Parades and admiring the veterans trying to fit back into their old uniforms.



Elden Hathaway

2012 05-29, 1677 - DREAMS INTO REALITY - I have, for years, had a dream of a field of Lupine that looks out towards the mountains from the top of our mountain. Now almost twenty years later the dream is real. Dreams do become reality if you choose to believe in them.



2012 05-30, 1678 - SHARING THE NECTAR - I was excited to observe a butterfly collecting the sweet nectar on the Lupine. Part of the purpose of the field is to share, not only, spiritually with people, but also with animals, birds and insects. You have so much in you to share if you will make it available to others.



2012 05-31, 1679 - BACKDROPS - The Bridal Wreath provides a perfect backdrop for photos this time of year. I would imagine that many weddings are planned with backdrops in mind. I think we all have backdrops behind us. To me the perfect one is to stand in front of the spiritual presence of the Universe.



2012 06-01, 1680 - BUTTERFLY DANCE - I watched three butterflies appear to dance above a patch of clover in the field. It reminded me that a dance often is better with a partner. We have many partners, including humans, nature and our spiritual guides to help us dance through life.



2012 06-02, 1681 - IN THE SUNLIGHT - The Lemon Lilies were radiant in the early morning sunlight. Even on a dark cloudy day they appear to be bathed in sunlight. There are people who look like they are always under a cloud, and there are those who always have a radiant spiritual sunlight around them.



2012 06-03, 1682 - DELUGE - We have had a deluge of rain recently and the brook is overflowing its banks. In life, a flood of events we were unprepared for sometimes deluges us. Just as in nature life will settle back down. The best preparation is the belief in something that will guide you through.



2012 06-04, 1683 - PERFECT BALANCE - The twin blossoms on the wildflower were in perfect balance. We are constantly performing balancing acts in our lives in an effort to achieve what the wildflower demonstrates. Maybe one of the reasons we are here is to balance our karma.



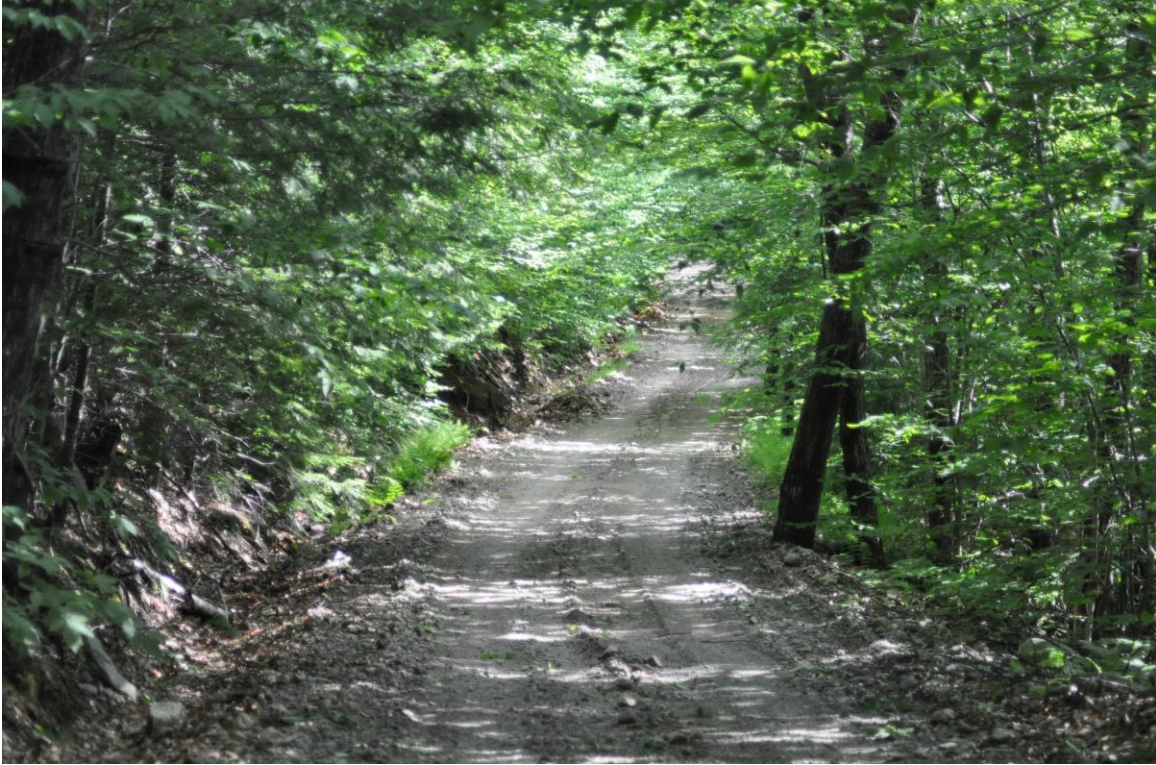
2012 06-05, 1684 - GHOST TREE - Although it looks like it should be on a Hollywood horror movie set, the ghost tree is only a half-mile from our house. I have observed it each year as it is totally covered with webs and yet it survives. We all have ghosts in our lives that seem to survive until we make changes.



2012 06-06, 1685 - PREPARED - The cottage at the edge of the ocean is prepared for high water. Its deck is actually a pier. Probably past experiences there have taught the owners what to expect from storms. Our soul experiences help us be prepared for storms in life if we only listen to them.



2012 06-07, 1686 - LOW CEILING - The leaf-covered branches create a low ceiling above the old road. It has taken several years after the ice storm of 1998 for the trees to recover. Now it is like walking into a tunnel. We experience low ceilings in life, and by reaching inward we can find our way back to openness.



2012 06-08, 1687 - VIEW FROM THE BENCH - The view from the bench at the top of the mountain is always different, even though I am looking at the same scene. It is a place where I can release the pressures of the world and be grateful for the moment. In that moment the view of life can be changed.



2012 06-09, 1688 - EXPECTATIONS - This is the time of year when we have a lot of expectations for a wonderful season of growth. Graduations are taking place from kindergarten to college. Fruit is on the trees. We can also expect our efforts to fail rather than succeed. Positive expectations and actions lead to success.



2012 06-10, 1689 - SWEET CLOVER - The sweet clover with its pink and white blossoms is in full bloom in the field. It was planted as food for the wildlife but it is also for people who visit the view. It has spread since last year and will continue to do so in years to come. Life can be like sweet clover if we plant the seeds.



2012 06-11, 1690 - DEDICATION - To achieve one's passions it may be necessary to dedicate one's self to believing in the process of manifesting the dream into reality. Yesterday Gil Whitman's wall sculptures on the Handel's Messiah were dedicated in memory of his wife Liz. Both of them dedicated their lives to his passion.



2012 06-12, 1691 - BABES IN THE WOODS - I saw a mother Woodcock and her tiny chicks. They were very vulnerable, and I hope they survive. The mother will do the best she can to watch over them. We are babes in the spiritual woods. We do have a strong force to help us along the way if we remember to look to it.



2012 06-13, 1692 - SHARING THE SPOTLIGHT - The Blue Bells are sharing the spotlight with the Yellow Lilies. It will be this way all summer as one variety blooms into the next. In life we sometimes resent sharing the spotlight with others, and yet when we appreciate other's gifts, we will all benefit.



2012 06-14, 1693 - A DAISY A DAY - Imagine if you could have a beautiful daisy or some other flower every day as a part of your life. Of course daisies flower for a certain time every year and yet you can always have the idea of something special with you daily, such as a flower. It is good for your heart.



2012 06-15, 1694 - A HELPING HAND - Recently our son gave us a helping hand putting in two new fence sections that help change the trail hiking patterns. We have many people that help in many different ways at the Center, and we have helping hands from the Other Side that help guide the work. Miracles do happen.



2012 06-16, 1695 - BEARING THE SCARS - The tree on the side of the old road bears the scars of a dispute between landowners many years ago. One person tried to block the way by putting wires across the road. The dispute was resolved, but the scars on the tree remain. People often bear scars from their past. Healing comes from the Universe.



2012 06-17, 1696 - ANOTHER VIEW - The walk up to the clearing along Robbin's Way provides another view along the trails. As we develop more places on the Center's property there is always something new to discover. Each moment of life provides the same opportunity if we pay attention.



2012 06-18, 1697 - NATURE ADDS THE DRESSING - The small meditation pond at the Center is now in its fourth summer. Nature has stepped in and provided wild Fox Gloves and frogs for dressing. What we may intend to do in life often seems inadequate until the universe helps put it together.



2012 06-19, 1698 - CONTINUE STRAIGHT - Habits are often hard to break. We get used to routines. When we created a new traffic pattern on one of our walking trails we also put in a fence to help remind people to continue straight. When you change a habit, it is good to have a reminder that you are continuing straight.



2012 06-20, 1699 - SIX MONTHS - Today is the first day of summer. It is also six months to the winter solstice of 2012. It is a time to be in tune with life, enjoy the beauty around you, and consider what your soul purpose is as time passes by.



2012 06-21, 1700 - SUMMER SOLSTICE IN THE MOUNTAINS - The view from the top on the Summer Solstice evening was quiet and serene. Descending to the ancient ceremonial site one had the awareness of old energy the existing there. You can always tap into the ancient energy by opening your heart to its positive flow.



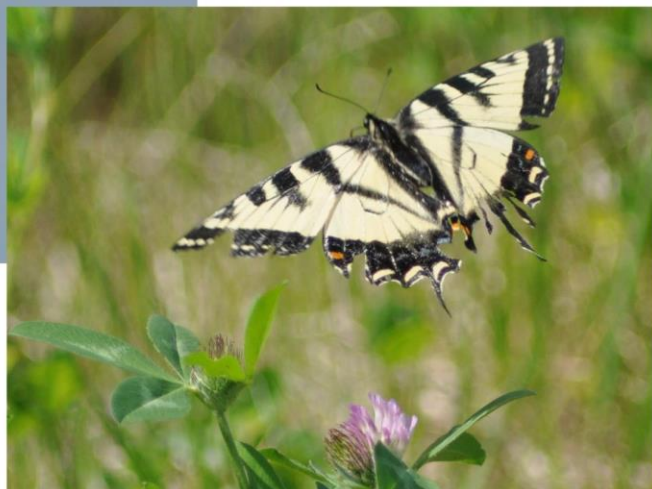
2012 06-22, 1701 - NATURE'S FLOWER GARDEN - Sometimes nature has a better way of creating a flower garden than we do. This was the case at the end of the parking lot at the Center. I counted at least 18 Fox Gloves growing there. The Universe will also create beauty for us anywhere we go if we open our hearts to gratitude.



2012 06-23, 1702 - BANDS OF GOLD - Today is Penny and my 50th wedding anniversary! I still continue to be amazed every day with gratitude that the Universe created such a miracle in the form of my wife. I wrote a song, "Bands of Gold", for our 25th anniversary. To listen, click on the podcast.



2012 06-24, 1703 - SOARING WITH THE WIND - Man has always desired to soar with the wind. Perhaps it is the memories of when we were not earth bound with our physical bodies. We are still free to soar with our minds as we stay tethered to our earth bodies so we won't lose our way.



2012 06-25, 1704 - BOUQUET OF WHITE - The White Bells create a beautiful bouquet as they stand proudly in the flower garden at the Center. White reminds me of the crown chakra connection to the Universe. It is an energy that can be used for many positive things in your life.



2012 06-26, 1705 - CAPTURING THE MOMENT - The camera helps me capture moments in time. My mind does not hold the images like you may be able to. I don't consider that a bad thing because when I experience a moment through the camera's eye, I am capturing it for others to experience in their own way.



2012 06-27, 1706 - COMING TO LIFE - The rotted old pile of logs is coming to life again. It is now host for new plants taking root in the debris. Just when you think you have run out of inspiration, take stock of some of the ideas you have discarded. An old one may come to life again.



2012 06-28, 1707 - FOCUSING IN - I often survey the landscape as I begin to focus on a subject to photograph. When I take notice of the whole, I have the opportunity to slowly focus in on just a tiny part of the bigger picture. We need both views in life to find our way.



2012 06-29, 1708 - FIGHTING FOR CONTROL - The grapevines and the bittersweet are fighting each other to control the landscape around the old stonewall. They would cover the pear trees if they were not cut back. Applying gratitude and Universal love can cut our negative thoughts and fears back.



2012 06-30, 1709 - GOLDEN BEAUTY - The small golden yellow flowers on the trail remind me of all the beauty that I am surrounded with, not only in nature but also in the rest of my life. It is easy to find beauty, and yet many choose to look away, concentrating on negatives instead.



2012 07-01, 1710 - A NEW PLACE TO SIT - There is a new place to sit and relax or meditate along the trails, thanks to an anniversary gift from our son. I look forward to visiting it on future walks, but in the meantime I also have special places in my mind where I can communicate with my source or just feel gratitude.



2012 07-02, 1711 - SUMMER PARADE - The lilies are all lined up for the summer parade of flowers that have been strutting their stuff. It is now time for the orange ones to take the spotlight. Actually this parade goes on for a year if we take the time to notice it pass by. Take a moment and connect to the peaceful energy of the Universe. You become the bouquet.



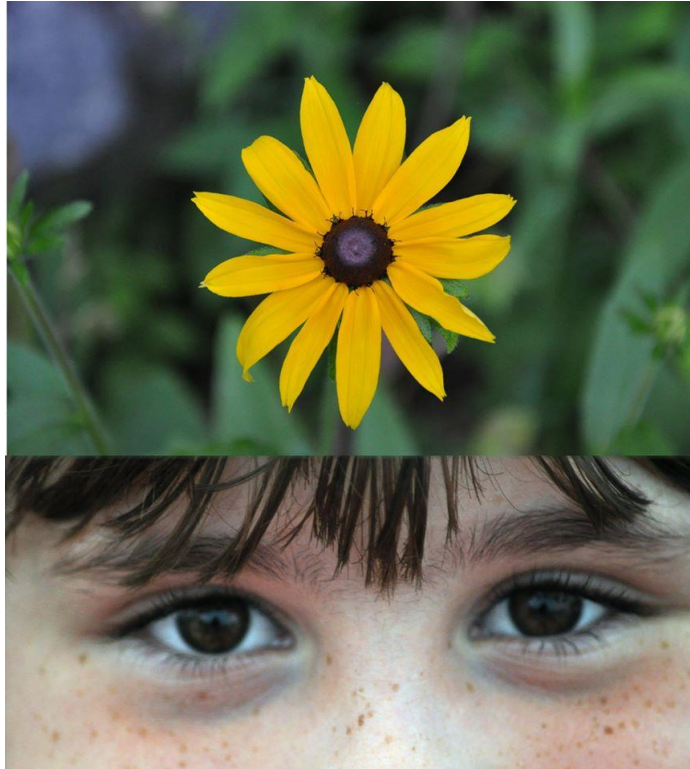
2012 07-03, 1712 - TOO MUCH TO BEAR, OR BEAR - The old dwarf apple tree toppled over yesterday. I am not sure whether the weakened trunk found the fruit too much to bear or an animal helped push it over. Like the tree, we can try to hold more than we can bear, but we do have the watchful eye of the Universe to protect us.



2012 07-04, 1713 - FLYING FREE - On the fourth of July, this country's birthday, I am reminded that our flag is a symbol of freedom. I am very grateful that I am free to walk the trails and soar with my mind, and I realize there are those who have never had this incredible opportunity. That is why I share nature.



2012 07-05, 1714 - BEAUTIFUL EYES - I discovered I was being watched, watched by beautiful brown eyes. As I took a moment to gaze back and look deep into their mystic beauty, I realized that they contained a window to the core of the Universe.



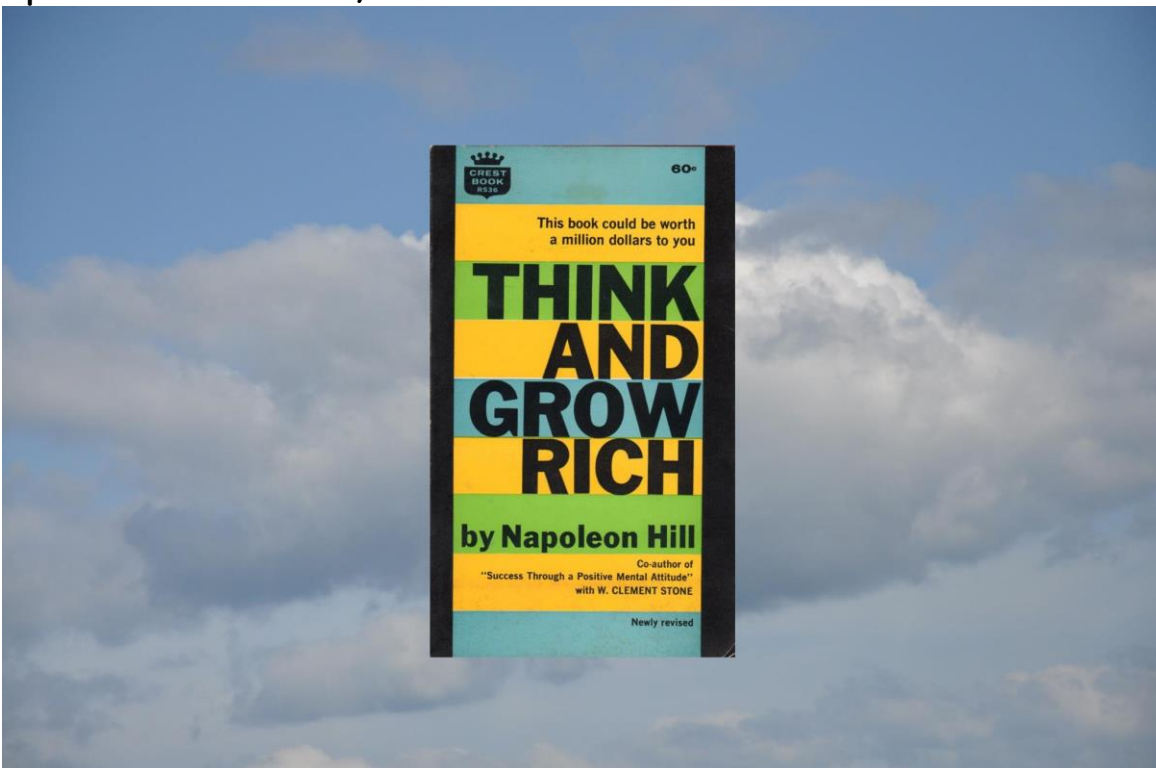
2012 07-06, 1715 - THE TIP OF THE TAIL (TALE) - In a wild rose bush I discovered the tip of a chipmunk tail. There must be a story as to how it got there. Then again, every podcast is a tale with more than one meaning.



2012 07-07, 1716 - A BEAUTIFUL REMINDER - Penny's Rose is in bloom again. We discovered it growing wild near the house the summer after her father passed. It serves as a beautiful reminder that there is much more taking place around us than we often realize.



2012 07-08, 1717 - DISCOVERING THE SECRET - According to the news, scientists have recently discovered that there is a sub-atomic particle in all things in the Universe. It is known as the God Particle. Of course this is not new to those who believe everything is connected. It is the basis of Napoleon Hill's 1937 book, "Think and Grow Rich".



2012 07-09, 1718 - INSPIRED BY A WOOD LILY - It had been a couple of years since I had last seen any. Then all of a sudden, there they were, two of them bathing near the clearing in the morning sunlight. Their beauty mesmerized me. I am inspired by the woodland lilies.



2012 07-10, 1719 - SCAVENGERS - Like seagulls and bears, we have almost all become scavengers in our lives at one time or other. That is, searching to fulfill our basic needs as well as for the things we want. Fortunately we do have a brain that lets us send our desires out to the Universe to help attract what we want.



2012 07-11, 1720 - A LAZY SUMMER DAY - We are experiencing a stretch of lazy summer days, the kind that we wait all year to enjoy. Sadly, many people will not even notice. They are caught up in life's details that would be easier dealt with if they incorporated gratitude for the laziness around them.



2012 07-12, 1721 - MONUMENT IN STONE - We recently cleared an area that had been quarried in the early 1800s, and many of the stone slabs were left where they had been cut. The site is a testament to those that worked, walked and enjoyed the land throughout history. It is a place to pause and contemplate.



2012 07-13, 1722 - WAITING IN THE SHADOWS - The orange lilies wait in the shadows for the morning sun to find their faces as they embrace the light of day. We often stand in the shadows with our gifts, and many never find the light of day. The sunshine for us is the Universe providing the inspiration.



2012 07-14, 1723 - STANDING WATCH - I recently discovered a boulder in the woods that has a profile of an animal face, possibly a dog. I wonder if finding it is a reminder from the spirits of the woods that they constantly stand watch over the land.



2012 07-15, 1724 - THE PATH AT THE EDGE OF THE FIELD - There is a path at the edge of the field where wildlife wander when they feel it is safe. It is out of sight from the walking trail. You wouldn't know it was there unless you found it. There are people that walk paths in their life doing positive acts of kindness that others may not see.



2012 07-16, 1725 - UNCOVERING HISTORY - There is a lot of history yet to be uncovered here on the mountainside. We have been carefully clearing some of the old quarries. Our soul also has a history. Uncovering it can help guide you along the path of your life.



2012 07-17, 1726 - NATURE FIX - I recently read that nature is a powerful healer. I have been aware of that for most of my life. Getting a daily nature "fix" can be a powerful way to stay in tune. It is good for your mind, body, and spirit. If you can't get there, imagine being there.



2012 07-18, 1727 - IN THE TALL GRASS - The tall grass at the edge of the clearing stands almost as tall as I am. It sways with the breeze on a warm summer day creating a hypnotic trance of beautiful images flowing through my mind.



2012 07-19, 1728 - THE LAST GENERATION - The children of today do not have the opportunity to explore nature the way I was able to when I was young. We wandered the field and woods without worry. It is up to us to make sure that we aren't the last generation.



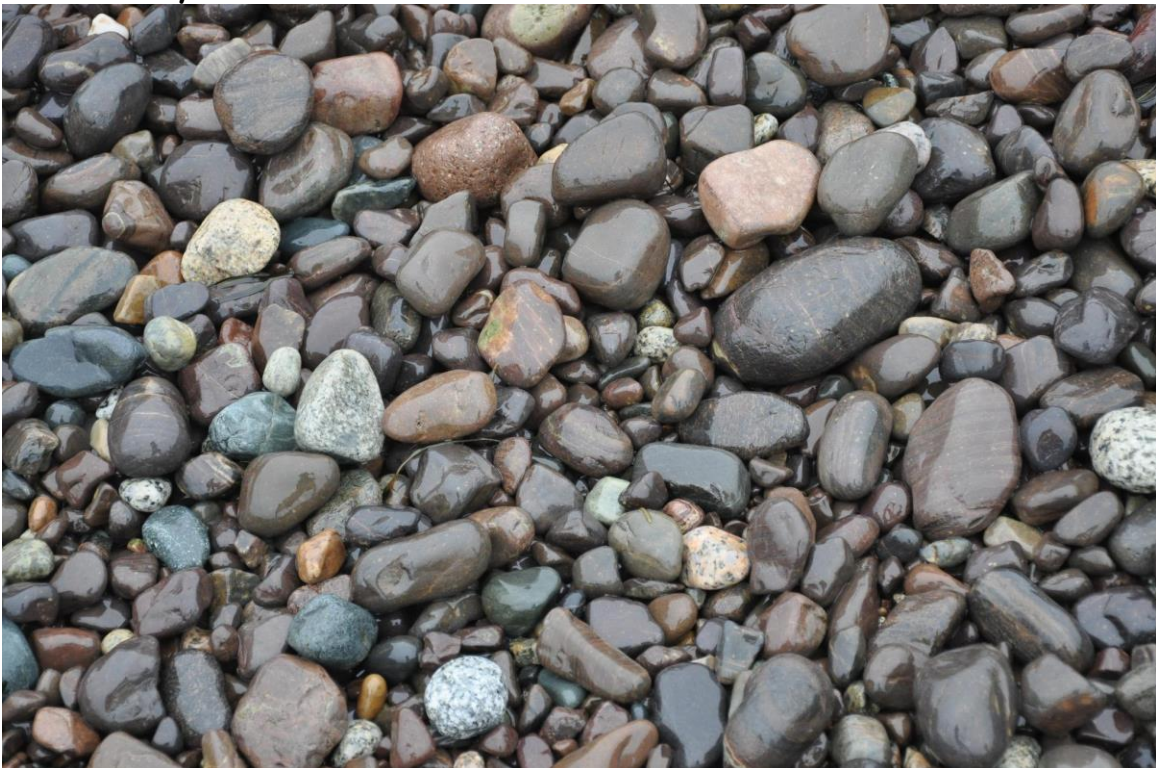
2012 07-20, 1729 - JOURNEY INTO THE PAST - We have just returned from a journey into the past. We spent a few days on the coast of Maine listening to the Paragon Ragtime Orchestra. Their authentic sounds transported us back in time about a century ago. When I asked my wife how long since we'd heard them, she replied without thinking, "1909"!



2012 07-21, 1730 - IN SEARCH OF BEAUTY - I turn to nature daily in search of beauty. No matter what time of year, there is always something that gives me joy. Doing this also inspires me to search for beauty in everyday life.



2012 07-22, 1731 - TREASURE HUNTING - I think everyone is a treasure hunter to some degree. It may be searching for antiques, bargains in a store, special places to visit, or hidden gems, such as jasper. I also search for the abilities and talents that everyone has. They often keep them hidden away.



2012 07-23, 1732 - RIPPLE EFFECT - The ripples on the water have a dizzying effect on my eyes. We are affected and affect others by the mental, spiritual, physical, and emotional ripples we receive and send out. Are you aware of the ripples that affect your life and those around you?



2012 07-24, 1733 - OLD FASHIONED JOY - There is something about some of the older varieties of flowers that give me what I call "Old Fashioned Joy". Perhaps it's memories from my childhood or memories that come from deep in my soul. My goal is to share that joy with others in thoughts and actions.



2012 07-25, 1734 - HOLDING ON - The butterfly held onto the unopened lily. Perhaps it was waiting for it to open. We hold on to many things in our lives that it is time to let go. Like the butterfly, we have a spiritual wind that can set us free.



2012 07-26, 1735 - INTO THE CORE - As I gazed into the core of the lily, it appeared as if the core of the Universe was shining through it. Maybe it was. We all have the same connection deep inside of ourselves. Imagine with gratitude, a golden thread of energy flowing through you.



2012 07-27, 1736 - INDIAN PIPES - When I cleared some brush on the trail, something white caught my eye. It was Indian Pipes pushing their way through the surface of the forest floor. It was just another reminder that there are so many special discoveries in each moment that often go overlooked because we fail to be aware.



2012 07-28, 1737 - LOW TIDE - The low tide exposed mud and small boulders that remain unnoticed at high tide. It is at low tides in our lives when we feel exposed to the elements of the world. At the same time your hidden beauty is open for others to appreciate.



2012 07-29, 1738 - SPLITTING STONES - The old stonecutters spent hours hammering star drills into granite. Placing these holes a couple of feet apart and a few inches deep caused the stone to split, forming granite blocks for foundations. It takes the willingness to drill small holes for big results.



2012 07-30, 1739 - GOOD STEWARDS - We try to be good stewards for the land and create viewpoints that show the beauty of the valley below. Along with the beauty is also the ugly. Others value the land differently. Ultimately each one of us is responsible for the actions we take along our soul's journey.



2012 07-31, 1740 - BURDOCKS - I discovered that the flowers on a burdock plant are beautiful. They appear to be swimming delicately in the breeze. Soon the flowers will be gone, and the thistle-like remainders will show no sign of the flowers. It sounds like something that humans do.



2012 08-01, 1741 - A DIFFERENT HUE - It used to be that the lilies at the center were either orange or yellow and lasted only a few weeks during the growing season. Martha has added other varieties with different hues that provide color for much of the summer. Life always has different hues if we just observe.



2012 08-02, 1742 - GOLDEN CASCADE - The Golden Rod provides a cascade of small blossoms that brighten the landscape. To me it is the sign of the beginning of the transition to the season ahead. Then again, we are always in transition.



2012 08-03, 1743 - SINGLE BOUQUET - The single stem of phlox flowers created a bouquet all by itself, yet it was comprised of many small blooms. You are a bouquet comprised of many different abilities that make up your whole.



2012 08-04, 1744 - IT'S TIME FOR A NEW ONE - The old tire on the wheelbarrow finally wore out. It had served for many years, but it's time for a new one. I don't need a new wheelbarrow, just a tire. It may be time for you to change something in your life. Perhaps all you need is just one part.



2012 08-05, 1745 - PERCEPTIONS - We all perceive things a little differently. I walked by a large boulder on the trail that I have seen hundreds of times before, and for the first time saw an "alien head" poking up through the earth. My wife saw a smiling face. Different views of the same rock.



2012 08-06, 1746 - EMBRACING LIFE - The butterfly embraced the sweet clover blossom as it extracted sweet nectar to help provide the energy for its flights ahead. We can find sweet spiritual nectar to help propel us on way as we embrace our soul's purpose.



2012 08-07, 1747 - REFRESHING AIR - When I walked out into the clearing on top of the land, I was greeted by crisp refreshing air, signaling a change in the humidity. It was a chance to clear my head and find spiritual inspiration for the day ahead of me.



2012 08-08, 1748 - EASY TO OVERLOOK - The toad resting on the stump would have been very easy to overlook if it had not been for the sharp eyes of my wife. Having "keen eyes" can really help us find the clues to our soul's journey that could be easily overlooked when we forget to pay attention.



2012 08-09, 1749 - WHERE OTHERS HAVE TROD - The path to the view is well trodden. Yet each time it is walked there is always something new to discover. You may feel that the path of your soul has been walked before. The key is to be aware of where you are at the moment.



2012 08-10, 1750 - GETTING THE JOB DONE - Three big piles of debris had been behind the Center for a couple of years. We worked on removing them one dump load at a time. When the big equipment arrived, it was all gone shortly. Help is good, and the Universe can provide.



2012 08-11, 1751 - IN SEARCH OF JASPER - We scoured the pebble strewn beach in search of the right pieces of jasper. We filled our pockets with beautiful treasure. It reminded me that wherever we go in life there is always mental, spiritual, and physical, treasure to be found.



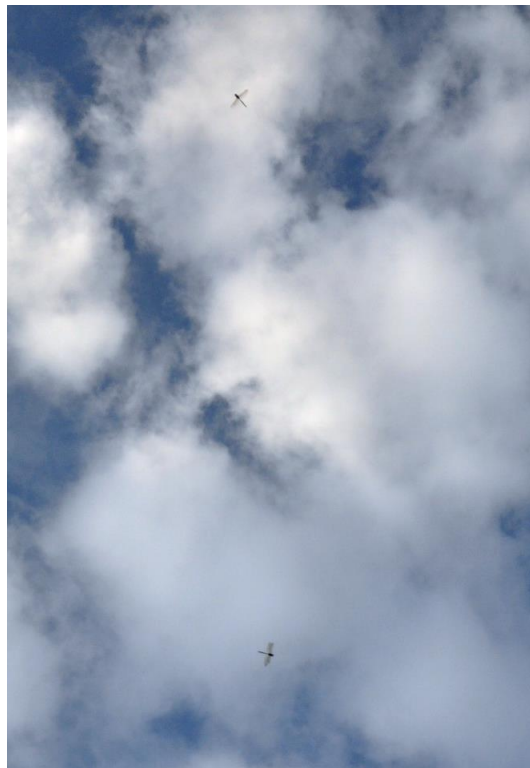
2012 08-12, 1752 - WHERE DID ALL THE BERRIES GO? - By the time I checked out the blueberries there were only a few left on the bushes. Did I wait too long? Did the birds and animals get them first? Did they dry up in the July heat? I think the lesson is that in order to harvest the fruits, it is important to be aware of their progress. This is true in all aspects of life.



2012 08-13, 1753 - SEEDS FOR THE FUTURE - The dried up lupine plants hold seeds for the future. Perhaps the wind will scatter them to fertile ground. We all have seeds of wisdom, love, and peace inside ourselves that may find fertile minds to continue to spread positive thoughts and actions throughout the world.



2012 08-14, 1754 - DRAGONFLY SQUADRON - As I gazed at the clouds overhead I observed a silent battle taking place in the sky. The dragonfly squadron reminded me of the biplanes of the past. Had I not taken a moment to look at the clouds I would have missed the action. It is good to observe what is around you.



2012 08-15, 1755 - ATTACHMENTS - Shells that attach themselves to rock and boulders, below the surface of the sea and close to shore, become exposed when tide is low. The same is true of negative thoughts that attach themselves to our unconscious mind. We often live with them until they are exposed.



2012 08-16, 1756 - WILD GARDEN - Years ago I planted some flowers that cast their seeds, and, as a result, I now have a beautiful wild garden that I have never worked on. Imagine if you exhaled positive thoughts and took positive actions, eventually flowers would grow in many places you have never visited.



2012 08-17, 1757 - SUMMER RAIN - The summer rain of August helps bring the flowers back to life. On the verge of drying up, the plants now stand tall and proud. We, like the flowers, need to be rejuvenated from time to time by a good summer's rain.



2012 08-18, 1758 - OPENNESS - The openness of the lily blossom allows my mind to journey within and down through the stalk, into its roots, and beyond into the vastness of the Universe. I am now one with all. So are you.



2012 08-19, 1759 - NATURE'S FINEST - The Bee Balm dressed in its finest red stood patiently waiting for the insects to pollinate its blossoms. It is attracting what it needs to fulfill its purpose. Do you attract the right ingredients to help you bloom on your soul's path?



2012 08-20, 1760 - TREASURES ON THE FOREST FLOOR - The forest floor is littered with treasures such as the birch bark scroll that appears to hold the wisdom of the Universe within. It does. All things are a part of that wisdom and all of you are a treasure.



2012 08-21, 1761 - INVESTIGATING THE MOUNTAIN - Recently Lisa Halpin and some of her student psychics investigated the mysteries on the mountain. There may have been unknown ancient peoples that lived or visited here. Wherever you are, there is always a mystery to visit and it begins with exploring in your mind.



2012 08-22, 1762 - LIFE ON THE EDGE - Life on the edge of the small brook reminded me that we all live life on the edge. Every thought we have results in an opportunity or a detriment for us to be in tune with our soul's purpose. Remember that every thought retains a touch of reality.



2012 08-23, 1763 - EVERYTHING IS CONNECTED - The Dolls Eyes staring silently at the edge of the woods look like a high school science experiment. They serve to remind me that everything in the Universe is connected. The question is, how do we use our connections?



2012 08-24, 1764 - STUMPED - As I walked the old road, my eyes saw movement, and there resting on a branch was a bird that I did not recognize. I took its picture and could not exactly find it in my bird books. I was stumped. When we are stumped in life, the Universe is a great resource to help find answers.



2012 08-25, 1765 - SEEDS OF WISDOM - The old spruce tree's top is loaded with seed cones. Both mature and immature cones hang together on the tips of the branches. It reminds me of the seeds of wisdom that we all carry with us. For the young, it is Universal knowledge, which the old combine with life experience.



2012 08-26, 1766 - MORNING SUNSHINE - The frog rested quietly on the lily pad in the morning sunshine as if contemplating the day ahead. Morning is a wonderful time to become centered and connected to the Universe. It helps you prepare for your soul's adventures that wait for you just ahead.



2012 08-27, 1767 - PLAYING IN THE SKY - Since the beginning of physical form man has always wanted to fly as he did before the weight of gravity held him down. I watched as the precision jet squadron played to the delight of thousands of spectators. You can join them in your mind's eye.



2012 08-28, 1768 - BUMPER CROP - The pinecones high atop the old tree are getting ready to drop to the earth to help produce the next generation of growth. Think of yourself as a seed tree and everywhere you go your positive actions are helping establish the next generation of caring.



2012 08-29, 1769 - CHANGES COMING - A friend brought me in a leaf that was outside the Center yesterday. It shows the changes of seasons that are coming soon. Many of you are also going through changes in your life. Nature provides a way for us to step back and see the whole change from the Universe's perspective.



2012 08-30, 1770 - CLOUD COVER - I observed a single cloud over the top of Mount Chocorua, and I wondered what it would have looked like from the top of that mountain. From the top there was no sun. I could see that the cloud would soon pass. When we are stuck in the clouds of life, we often don't see the whole picture.



2012 08-31, 1771 - DANGEROUS DELICACIES - The wild mushrooms poking up through the forest floor are a feast in the making for those that know the right kind to harvest. At the same time these dangerous delicacies can be deadly to the unaware. Sounds like other aspects of life to me. Always be aware of dangerous delicacies.



2012 09-01, 1772 - LIFE ON A BOULDER - The large boulder at the edge of the trail is teeming with life. At one time it lay barren on the landscape. When you find yourself barren of creative energy and positive thoughts, remember you will soon be teeming with fertile new ideas. Expect it.



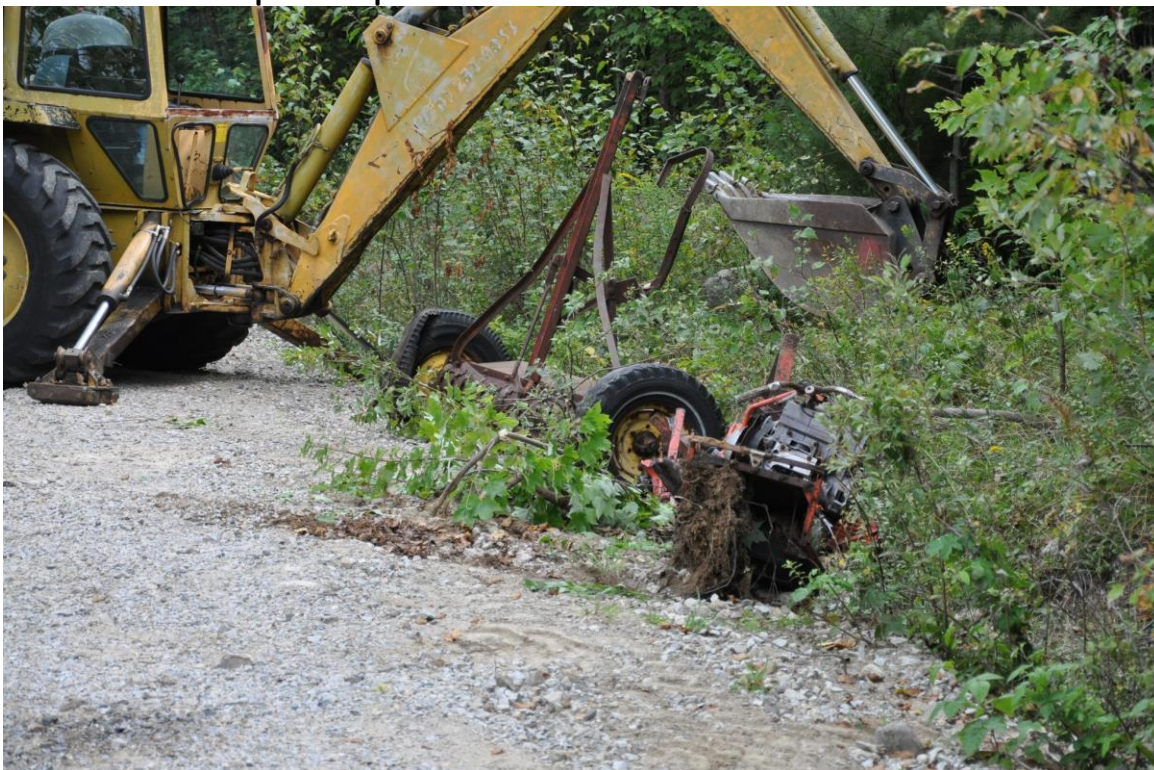
2012 09-02, 1773 - APPRECIATION - There are so many things in life that I appreciate. I appreciate the beautiful flowers that nature has arranged into a natural flower garden. Whenever they catch my eye, they remind me to be aware of other things to appreciate. I am so grateful for so many things to appreciate.



2012 09-03, 1774 - LABOR OF LOVE - Today, Labor Day, my wife and I will soon go work on the property for an hour or so as we do as often as possible. It is a labor of love, and we enjoy sharing the positive energy of this special place with all that walk the land.



2012 09-04, 1775 - CLEARING THE KARMA - Our neighbor who lives on the road up back volunteered to help clear away some of the old junk that was left on the property before we bought it. We had gotten rid of most of it, but he helped clear the rest. Clearing the karma in your life is a constant and positive process.



2012 09-05, 1776 - MUSHROOM HOUSE - The old tree bent over under the weight of the winter snow and formed a giant fairy house. On closer inspection I found mushrooms growing under its "roof". Now I walk by the mushroom house and wonder at nature's beauty. What do you wonder about?



2012 09-06, 1777 - MISTY MORNING - The mist flowing over the mountains and through the valley creates a magical scene where my mind floats out into the recesses of the Universe to contemplate the meaning of all that is before me. It is a passion that stirs inside my soul.



2012 09-07, 1778 - WHERE FAIRIES BATHE - The small mushroom with its edges curled upward to hold the morning dew makes a special place for fairies to bathe. Once again the magic of nature has caught my imagination or am I really discovering reality?



2012 09-08, 1779 - COLORS OF A LEAF - The maple leaf lying on the ground caught my eye. It was a collage of many different colors. Out of all the countless leaves in the forest, this one reminded me of how unique each one is. The same uniqueness is in each person.



2012 09-09, 1780 - SEEKING SILENCE - It is almost impossible to find absolute silence here in the mountains. There is always some sort of interruption such as vehicle traffic, barking dogs, or other sounds created by people. The real silence comes from the peace within that goes beyond mental or physical interruptions.



2012 09-10, 1781 - EASILY OVERLOOKED - The tiny grass with its colorful blooms could have been easily overlooked as I walked by. I have learned that if I can see life through the eyes of a child, there is a lot to discover on different levels. It helps keep the mystery of life an ongoing process fresh in my mind.



2012 09-11, 1782 - NATURE'S PIPE ORGAN - The tiny pipes stand ready to play nature's music for all those that experience beyond the veil of what seems normal reality. It is the magic of the unseen that creates the beautiful music of the earth. Can you hear it?



2012 09-12, 1783 - A TOUCH OF BLUE - The brilliant morning sunlight caught my eye as it streamed through the leaves. I took a picture with my digital camera. When I looked at it, there was a spot of light that was blue. Was it something on the camera lens or was it something else that I did not see with my naked eyes?



2012 09-13, 1784 - NATURE'S HARVEST - The fields and orchards in the valley are laden with fall harvest. So too are the forestlands. Wild fruit and seeds nourish the animals and ensure a new crop next year. Now is the time to harvest the growth you have experienced to nourish your soul.



2012 09-14, 1785 - SEARCHING UNDER THE CARPET - We found a hardwood floor under the carpet at the Center when we first purchased it, and someday soon we will refinish it. Under the carpet of moss in the woods we found beautiful white quartz. What treasures are you hiding under the carpet that covers you?



2012 09-15, 1786 - BEAUTIFUL TIME OF THE YEAR - The fall season is a beautiful time of year. It is also a wonderful time to think about your goals for the winter season. Listening to yourself and taking positive actions now will allow you to be prepared for the spring and summer ahead.



2012 09-16, 1787 - BREAK IN THE WALL - The old stonewall standing beside the new trail we cut this spring has a break in it where it is easy to pass through to the other side. I wonder who made it and why. To me it symbolizes how our minds can pass freely into the land beyond our normal boundaries to investigate what is beyond.



2012 09-17, 1788 - MATURING BLOOMS - The Stone Crop in the flower garden goes through different stages of beauty as its blooms mature, but it is not until the autumn when it is at its finest. The same is true for people. For many the autumn of their life is when their blooms are the most brilliant.



2012 09-18, 1789 - REMNANTS FROM THE PAST - We recently found an old remnant of the past buried beneath the soil on the Center's property. It was barbed wire from an old fence line. We pulled it out and disposed of it. Many people have remnants of their past buried beneath their surface that keep them from going forward.



2012 09-19, 1790 - BEAUTIFUL DESIGNS - I love the composition of beautiful designs. I love to observe it in art and I love to walk in nature's artwork that has been designed by the Universe. I also love to observe the way a person takes the risk of designing their life to share the beauty of their soul with others.



2012 09-20, 1791 - HOLDING ITS DIGNITY - The wildflower, long since turned to a dried stem, still holds onto its dignity. It provides a link between summer and winter, standing tall until it gives in to the weight of the heavy snow coming in a few months. There is a lot to learn from the dignity of age.



2012 09-21, 1792 - IT HAS BEGUN - Yesterday I found the evidence I had been looking for. It has begun. I found it in a small patch of red in the woods. Fall has started its march across the valley. There is also another movement taking place that will not fade, as do the leaves. It is the positive awareness movement.



2012 09-22, 1793 - GETTING A HAIRCUT - The orchard is getting a haircut. We are having the brush, grass, and ferns cleared away to keep the space a field. If we didn't do this, it would soon be overgrown. It is also good to constantly clear away the clutter of our spiritual minds so we have an open space to allow new growth.



2012 09-23, 1794 - EXPOSED - The roots that used to be buried under the topsoil on the trail are now exposed to the elements. Constant use and the rain have washed away the cover. As you walk the trails of your life you may find that some of your abilities you have tried to cover up are now exposed for all to appreciate.



2012 09-24, 1795 - COLOR IN THE VALLEY - Standing on a rock at the top of the clearing, I could see the color of red beginning to spread across the floor of the valley below. It will not be long before that color will surround me on the mountain. Can you see the waves of positive changes coming?



2012 09-25, 1796 - EARLY EVENING SHADOWS - Looking across the valley in the waning sunlight as the day draws to a close gives me a different perspective of the mountains. The early evening shadows provide a 3D effect as each ridge stands out. When I stand back in life to see what is really going on, the view is always a little different.



2012 09-26, 1797 - NORTHEASTERN GIANT OUTLINES - Gazing northward I can see the outlines of the northeastern giants, with Mount Washington holding center stage. I know they are always there even when they are covered with clouds. People tell me that I have a giant figure that goes with me. I don't see, but I know.



2012 09-27, 1798 - CHAMBERLAIN RIDGE - I learned recently that our mountain was called Chamberlain Ridge back in the early 1800s. I also found out that a famous landscape artist sketched from the top when he first arrived in the area. The mountain has a history. So does your soul.



2012 09-28, 1799 - DAY BY DAY - Day by Day the color creeps across the landscape in the valley below me. Soon all will be filled with the reds and golds of autumn. Day by day we go about our lives, often not noticing the changes taking place around us. It is good to be aware of the moment.



2012 09-29, 1800 - MARKERS - Today my 1800th podcast is another marker along the trail of my soul's map. The red oak leaves are markers that soon the mountainside will be ablaze with color. We all have markers to guide us and to work towards. Do you have one to look forward to?



2012 09-30, 1801 - MISTY AFTERNOON - I stood at the clearing looking out on a misty afternoon. The valley below had disappeared. It was a time to venture inward, a place where the unlimited bounds of the Universe lie before me.



2012 10-01, 1802 - MUSHROOM PARADE - On a recent walk I observed a parade of mushrooms marching in a line by and over an old stump. It reminded me that we are truly all a part of a parade of positive thoughts and actions marching together to change the energy of the world.



2012 10-02, 1803 - AUTUMN POTPOURRI - Autumn is a time of year when we have the opportunity to experience a vast potpourri of colors and smells. You are a potpourri of past, future and present experiences that blend together in a rich array of abilities that provide beautiful energy to the world.



2012 10-03, 1804 - KETTLE CORN - I watched, listened, and smelled the popcorn in the large kettle explore with a rush of energy. It reminded me of the explosion of awareness currently taking place all over the earth. What a sound and so exciting!



2012 10-04, 1805 - LOT OF HORSEPOWER - The draft horses and draft horse ponies have learned to work well together to harness their power for both work and pleasure: the more animals, the more the power. Imagine how much power all the people that work together for a positive world can generate.



2012 10-05, 1806 - ALL THE ANSWERS - Gypsy Rose Lee has all the answers to any question you might ever want to know. That's what the sign says. In reality, you already know the answers deep inside your soul. All you have to do is pay attention to what you are telling yourself.



2012 10-06, 1807 - A QUIET PLACE - The anniversary bench has become one of our favorite destinations. It sits on a small ledge and provides a quiet place where we can sit and absorb the nature around us. You can create a quiet place in your mind where you can seek the support and guidance of the Universe.



2012 10-07, 1808 - UNDERNEATH A COLORFUL CANOPY - I stood underneath a colorful canopy of leaves dressed in their autumn finest as the sun slowly set. I was surrounded by the incredible energy of nature. Soon the leaves will fall, but I know each of us always has a colorful canopy of Universal energy surrounding us. Enjoy.



2012 10-08, 1809 - HERE TODAY, GONE TOMORROW - The amount of leaves on the ground reminds me that soon the bright colors of fall will have faded. Foliage season is just a small part of the total year. I look for something beautiful to observe every day in this constant transition of life.



2012 10-09, 1810 - TURKEY PARADE - I still marvel at the sight of the turkeys as they parade across the lawn in search of food. Often they pass by unnoticed. There are many acts of kindness that take place daily, often going unnoticed by others. I also marvel at these.



2012 10-10, 1811 - CLOUDS PASSING BY - The moving clouds reminded me that life is a constant flow. Many people, unfortunately, get stuck in their minds and fail to be aware of what is taking place in the moment. Each moment is precious unto itself.



2012 10-11, 1812 - MARE'S TAIL - I saw a different type of cloud drifting across the sky. I was told it was called a mare's tail because it looked like a horsetail. Soon it was gone. I could have missed it, and I am grateful for these little moments in life.



2012 10-12, 1813 - NEW MEMBER OF THE TEAM - We recently took the newest member of our team on its first drive up the mountain. What a joy! The Bobcat will really help get to our latest project and make it easier for others to enjoy this special place. I think of the work the old timers must have endured without modern tools.



2012 10-13, 1814 - MAGIC PUFF BALLS - Can you remember stamping on those little puffballs that grew on the lawn when you were a child? The magical smoke would float up into the air. That magic is still there, and all you need to do is take the time to discover it again. Life is that way.



2012 10-14, 1815 - BLENDING IN - The flicker blended in with the fall landscape as it sat on a limb of the old dead tree, the red on its throat matching the reds of the maple leaves. It could very easily go unnoticed. There are many signs from that Universe that often go unnoticed in our lives unless we are aware.



2012 10-15, 1816 - SEASON CONFUSION - If you weren't aware of the calendar, you could become confused as to what season we are really in. Even some of the blueberries sporting their fall colors are blossomed. I trust the Universe to guide me through whatever season it really is.



2012 10-16, 1817 - SHARPENING TREE - An apple tree in the orchard became a sharpening tree. A male deer polished its horn preparing to do battle for a mate. Fortunately we don't have to prepare for battle to sharpen our minds. All we need to do is be aware of the moment.



2012 10-17, 1818 - AUTUMN WALK - There is something about an autumn walk that takes me back in time. I can feel a spiritual connection to the roots of my soul. Each walk is always different and always special.



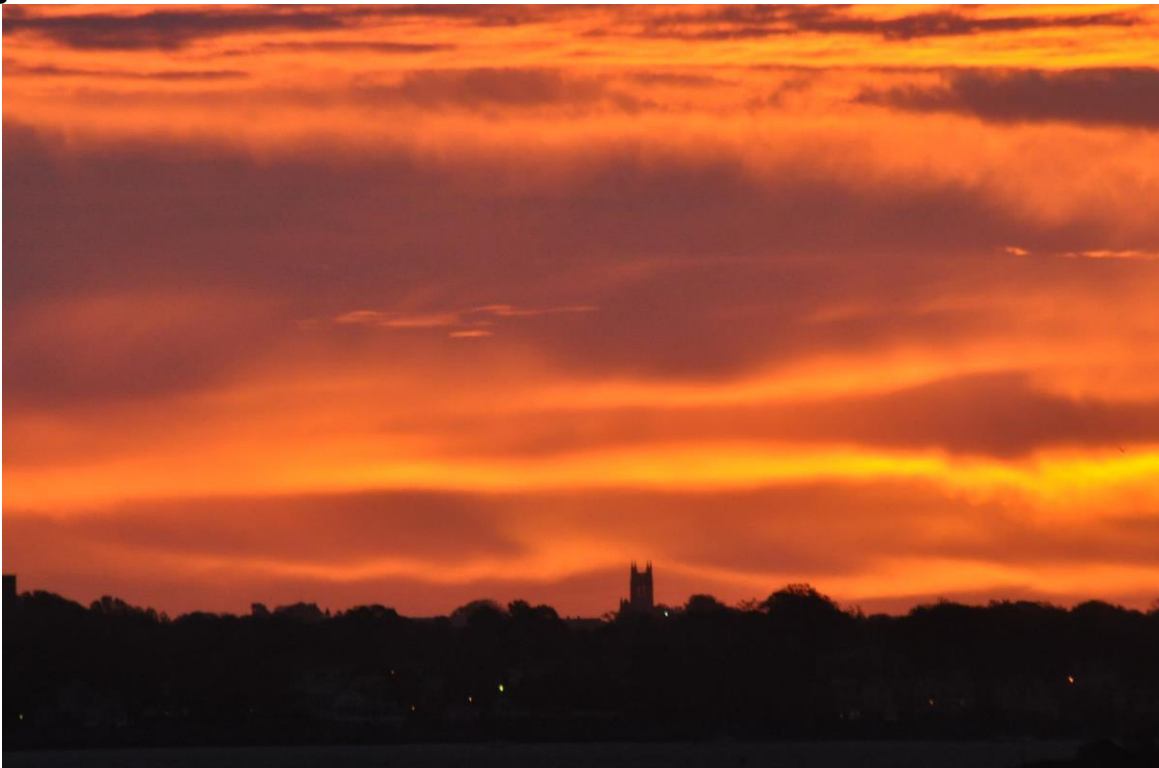
2012 10-18, 1819 - WHERE DOES MILK COME FROM - The mechanical cow at the fair gives children the experience of what it is like to milk a cow. We as adults have all kinds of mechanical aids to give us the experience of being in nature. Still, there is nothing like the real thing.



2012 10-19, 1820 - TINY CANDLES - The tiny plants growing in the woods that look like candles serve to remind me that we are all tiny lights that, when shining spiritually together, can actually illuminate the world.



2012 10-20, 1821 - RED SKIES IN THE MORNING - After a night of rain, we woke to a beautiful red sunrise that came flooding through the window at the Bay Voyage Inn in Jamestown, Rhode Island. Of course the skies warned of more bad weather to come, but at that moment everything became one with the Universe.



2012 10-21, 1822 - INSPIRING HIKE - When eight ladies from our local church came for a hike on the mountain, I was ready to offer them a ride to get to the view. Their ages ranged upwards to eight-one. They went at their own pace, investigating the land as they hiked. Everyone made it without riding!



2012 10-22, 1823 - PLAYING WITH THE WIND - We watched the small fleet of sailboats playing with the wind as they entertained their passengers, most of whom were from the large cruise ship anchored nearby. The winds of the Universe are always with us if we choose to play.



2012 10-23, 1824 - A QUIET RIDGE - As I climbed to the top of the quiet ridge, part way up the mountainside, I was struck by the late fall colors of the leaves still hanging on the trees. This place is often passed by as hikers focus on getting to the top. There are always quiet ridges waiting for you on the journey of your soul.



2012 10-24, 1825 - QUARRY ROAD - There is an old road or trail that cuts across the side of the mountain where the hillside is very steep. I believe it was a means of getting the stone out to the road below. Sometimes it is necessary to forge our way over rough terrain to reach our life purpose.



2012 10-25, 1826 - FADING GRACEFULLY - The colors of fall are fading gracefully as we make the transition towards winter. In a few months the cycle of new growth begins anew. In life it is the mature wisdoms that form partnerships with the young, investing in hope, love, and peace for the future.



2012 10-26, 1827 - WITNESS TO HISTORY - The giant old pine still valiantly stands on the ridge. It has been a witness to history for a long time. Your soul is like the old pine. It has been and still is a witness to your journey since your travels began. What tales there are to tell!



2012 10-27, 1828 - BLENDING NATURE AND ART - I have always loved how art and nature blend together; whether it's a small plant, a floral arrangement, or a giant outdoor sculpture. After all, we are part of nature, and we have been given the gift of creativity. Why not explore?



2012 10-28, 1829 - FINDING NEW TRAILS - This time of year after much of the foliage has gone we often search for potential new trails. We hike the old logging roads looking for an easy way to remove debris and open new paths. We do the same on our soul's journey, always looking for new paths to walk in life.



2012 10-29, 1830 - CHURNING SEAS - The churning sea has a lot of power that comes up from its depths. The surface sometimes seems quiet, but underneath giant swells work their way to the surface. The same is true with the powerful swells of our unconscious minds.



2012 10-30, 1831 - STORM PREPARATION - We came back early from the coast of Maine to prepare for the large storm. Here in the mountains the devastation was not as bad as on the coast. A friend gave us a lantern; we got out the candles, and enjoyed a cup of tea before the power went out. We listened to our intuition.



2012 10-31, 1832 - BOO - Kids love to sneak up on someone and yell, "BOO!" There is something about fear. People love Halloween because they can experience fear without real danger. In life, fear can actually help guide you when coupled with your intuition. Listen to what your fears are telling you.



2012 11-01, 1833 - ALL OUT - The people who decorated their trailer for Halloween went All Out. So what good did it do anyone else? Perhaps it brought a smile to someone that needed his or her day brightened up a little. Living life with passion for doing good is going All Out.



2012 11-02, 1834 - AFTER THE STORM - Hurricane Sandy's winds toppled a few trees across the trails here on the mountainside. We experienced nothing like others, and soon the debris will be cleared away. Some of this debris is from trees severely damaged 15 years ago by a devastating ice storm. Time is eventually the healer.



2012 11-03, 1835 - EXPECT THE UNEXPECTED - The blueberry bush with its bright maroon leaves caught me off guard when I discovered it also had a blossom on its stem - totally unexpected. Yet, I have learned to expect the unexpected in nature. I am also grateful for all the positive unexpected things that happen in my life.



2012 11-04, 1836 - WHITE ON THE PEAKS - The snow is on the highest peaks in the mountains. It won't be long until it covers the ground here in the valley. The signs are there for us to see, and yet many will disregard them. We get helpful signs in life every day if we choose to watch for them.



2012 11-05, 1837 - MORE OF THE UNEXPECTED - I recently found another unexpected event in nature; a Mayflower blossomed in the fall. In the metaphysical world there is always something unexpected taking place. At the same time, the unexpected is just another version of what is normal.



2012 11-06, 1838 - TRAVELING IN STYLE - The Gypsy wagons at the Fryeburg Fair exhibit were ornately decorated, and one could imagine how the occupants would have traveled in style back in another time. If we let ourselves be guided by the wisdoms of the Universe, we will travel in style on our soul's path.



2012 11-07, 1839 - SEASONAL BLENDS - The combination of the yellow tamarack (hackmatack, larch) and green fir trees create a seasonal blend that fills the landscape with beauty. We are a blend of all our experiences, and when we combine them, we create a blend of spiritual beauty for all seasons.



2012 11-08, 1840 - PLASTERED - The strength of the wind on the outer fringes of the nor'easter drove the first snow of the season and plastered the north sides of the maple trees beside the brook. In a day or so the snow will melt. If we stay our course when things come at us, we will soon clear again.



2012 11-09, 1841 - BARRED OWL IN FLIGHT - A large bird caught my eye as it landed in a tree a distance from me. Camera in hand, I advanced, snapping photos as I attempted to get closer. Eventually it flew, and I was still not sure what I was seeing. It wasn't until I enlarged the shots that I knew I had caught a Barred Owl in flight.



2012 11-10, 1842 - 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.



2012 11-11, 1843 - 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.



2012 11-12, 1844 - 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.



2012 11-13, 1845 - THE WATCHERS - I know that I am constantly being watched when I wander the land. Animals and birds watch me in silence as I walk by. There is also a feeling that other presences here in the mountains are watching. Perhaps they have been here a long time.



2012 11-14, 1846 - BACK TO THE SOURCE - The old spring has provided water for centuries to whom or whatever passed by. The opening is very shallow, but beneath it is a renewable resource of fresh water. The same is true when we go back to the source of the Universe. We can be forever refreshed.



2012 11-15, 1847 - 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?



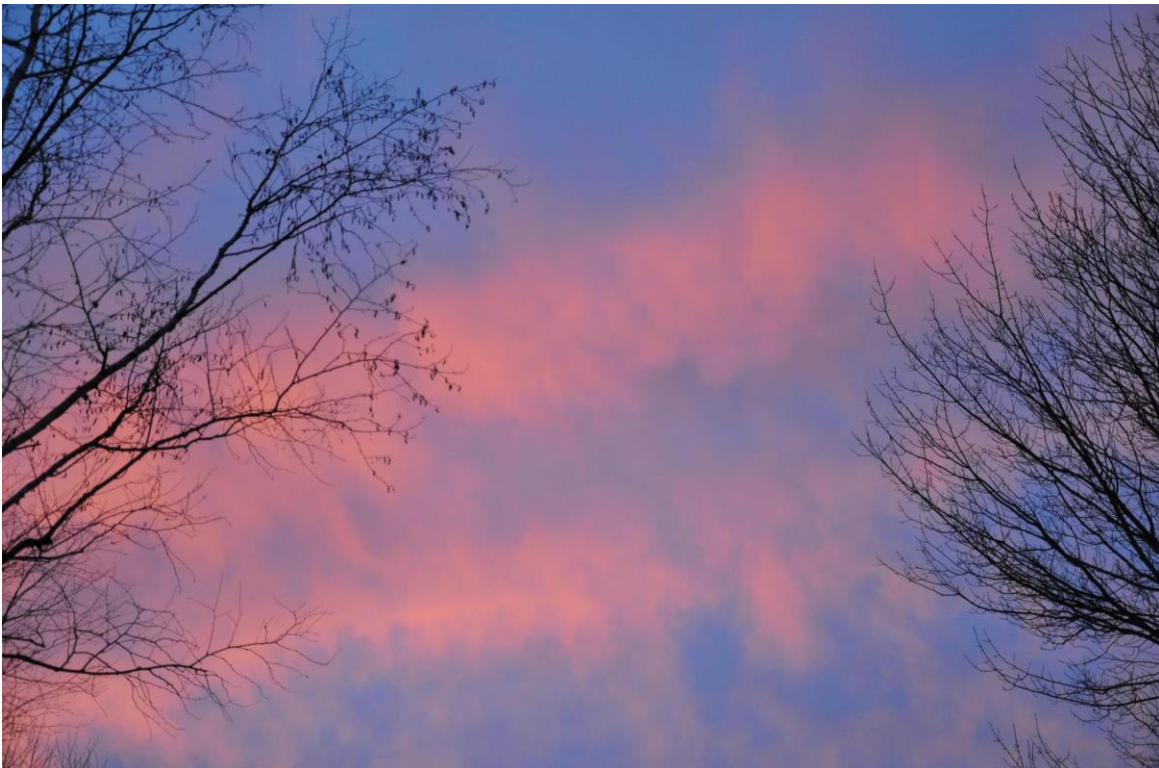
2012 11-16, 1848 - NOVEMBER SUNSETS - I have become aware in the last couple of years that November is a month of spectacular sunsets. I attempt to capture the beauty I see with my camera. Actually the camera helps me to become aware of the beauty that surrounds me all year long. It does you too, wherever you are.



2012 11-17, 1849 - STREAM OF LIGHT - The dull landscape started to glow as a stream of light shown through the bare limbs of the trees. I noticed more than I normally would have. We all have a stream of light that goes with us to help guide our awareness as we walk the path of life.



2012 11-18, 1850 - 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.



2012 11-19, 1851 - CASTING SHADOWS - The oaks leaves, glowing golden in the afternoon sun, cast large black shadows on the landscape. Shadows, when not understood, can create the illusion that something large and daunting is waiting to control us. It helps to know the source of the shadows in your life.



2012 11-20, 1852 - BLUEBERRY FIELDS IN FALL - The stark beauty of the vast blueberry fields caught my eye as we drove along the Down East Maine roads. I pulled our vehicle over to capture the late fall scene. It reminded me that there is beauty to be found in life no matter what the season.



2012 11-21, 1853 - 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.



2012 11-22, 1854 - BREAD OF LIFE - The fresh made bread filled our house with an mouthwatering aroma. On this Thanksgiving Day I am grateful that all of you sustain the life force on the Universe and share it each in your own way. Thank you.



2012 11-23, 1855 - SHADES OF BLUE - The mountains took on many shades of blue as the sun sank below the horizon. When we think of blue, sometimes we do not think of the many different colors there really are. The same thing relates to life. You can always see a different shade if you look.



2012 11-24, 1856 - 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.



2012 11-25, 1857 - OUT OF SEASON - A dandelion blossom peaking up through the grass in the orchard certainly seemed out of season. After all, it is the end of November. Still, what do I know? Maybe its season has changed? If you find yourself "out of season", perhaps you are where you should be after all.



2012 11-26, 1858 - A REGAL MOUNTAIN - The regal mountain decked out in royal blue provides a majestic presence as it watches over the valley in silence. It is the strength of these regal mountains that reminds me that there really is a Universal presence watching over and is there to guide us on our journey.



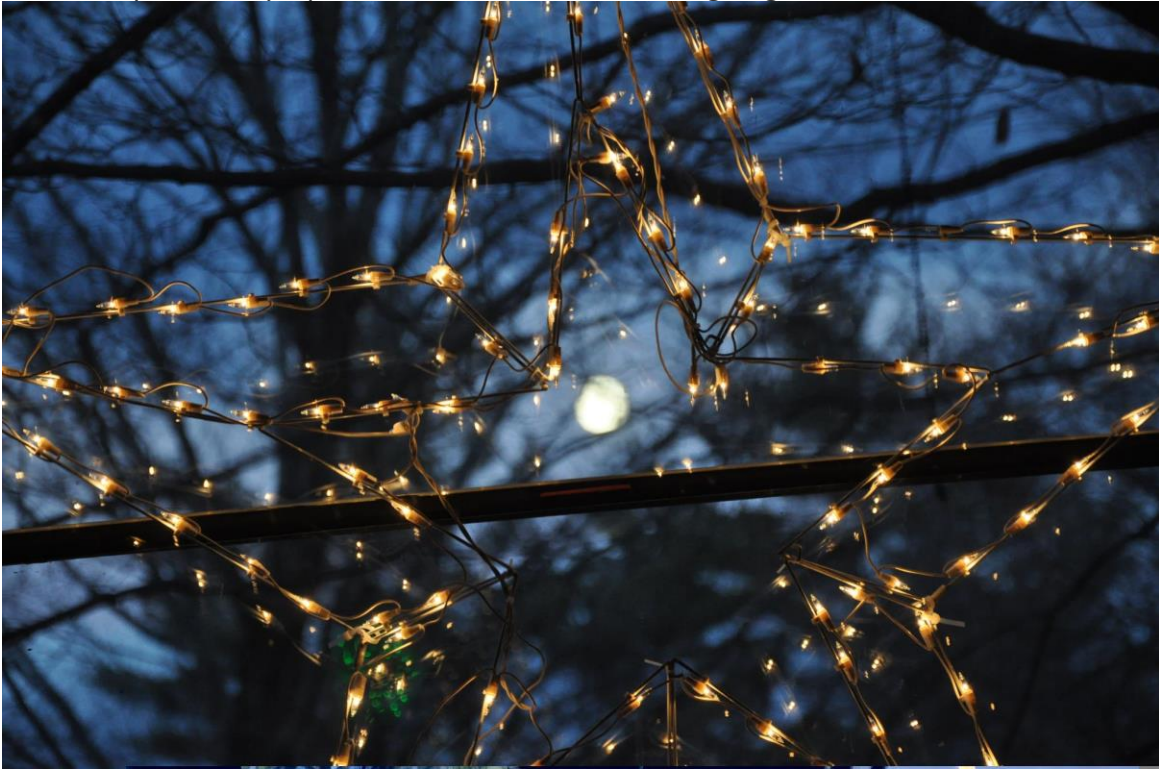
2012 11-27, 1859 - TENACIOUS TITMOUSE - The tenacious Titmouse has a one-track mind. It flies back and forth from the branch to the feeder. Each time it takes with it a single sunflower seed and then works to crack the shell to get the nourishment inside. It sometimes takes tenacity to achieve nourishing results.



2012 11-28, 1860 - 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.



2012 11-29, 1861 - MOON AND STAR - I love to wake up to our holiday lights as they bring cheeriness to dark mornings. This morning the full moon added its light to the star in the big window. It was a special display of nature and man blending together. We are all one.



2012 11-30, 1862 - THE WATCH BIRD - From my window I could see a male turkey standing watch over his flock on a precarious perch on a tree limb nearby. Many flocks of birds have a watcher that keeps an eye out for danger. I believe we all have our own "watch birds" that keep an eye on us as we travel our life path.



2012 12-01, 1863 - '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.



2012 12-02, 1864 - THE KID IN ME - When I looked out the window and saw the new snow, the kid in me jumped for joy. I may not leap as high or run as fast, but in my heart every day the kid in me seeks to investigate the mysteries of life.



2012 12-03, 1865 - IN THE PINK #2 - I was greeted this morning by a spectacular alpine glow on the mountains to the west. It reminded me that every day when I wake with gratitude in my heart, I am in the pink.



2012 12-04, 1866 - FLASH OF WHITE - As I glanced out the back window of the house a flash of white caught my eye. After a few moments I recognized it as a weasel decked out in its winter coat. I ran for the camera and was reminded of the inspirations that unexpectedly come to us in a flash.



2012 12-05, 1867 - BEAUTIFUL EXPERIMENT - The experimental poinsettia trials at UNH have resulted in some beautiful new varieties. Starting from existing plants, the students, faculty, and scientists have expanded the boundaries of what already exists. We do the same in life on our spiritual quest.



2012 12-06, 1868 - ICY MANTLE - A mantle of ice covered the red berries on the bush near the road. Ice can actually insulate a fruit from freezing temperatures. We often cloak ourselves in a mantle to protect us from revealing the gifts that hide inside us.



2012 12-07, 1869 - GOLDEN HUES - The golden hues of the sunset spread a warm glow across the mountains, the sky, and the valley below. It reminded me of the golden aura that flows from our hearts when we experience gratitude and unconditional love.



2012 12-08, 1870 - 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."



2012 12-09, 1871 - NATURE'S ORNAMENTS - In a recent walk in a little snow I admired nature's ornaments that adorned the trail. Wherever I looked there was something magical to see, like the "powdered sugar oak leaf". Wherever you are there is also beauty.



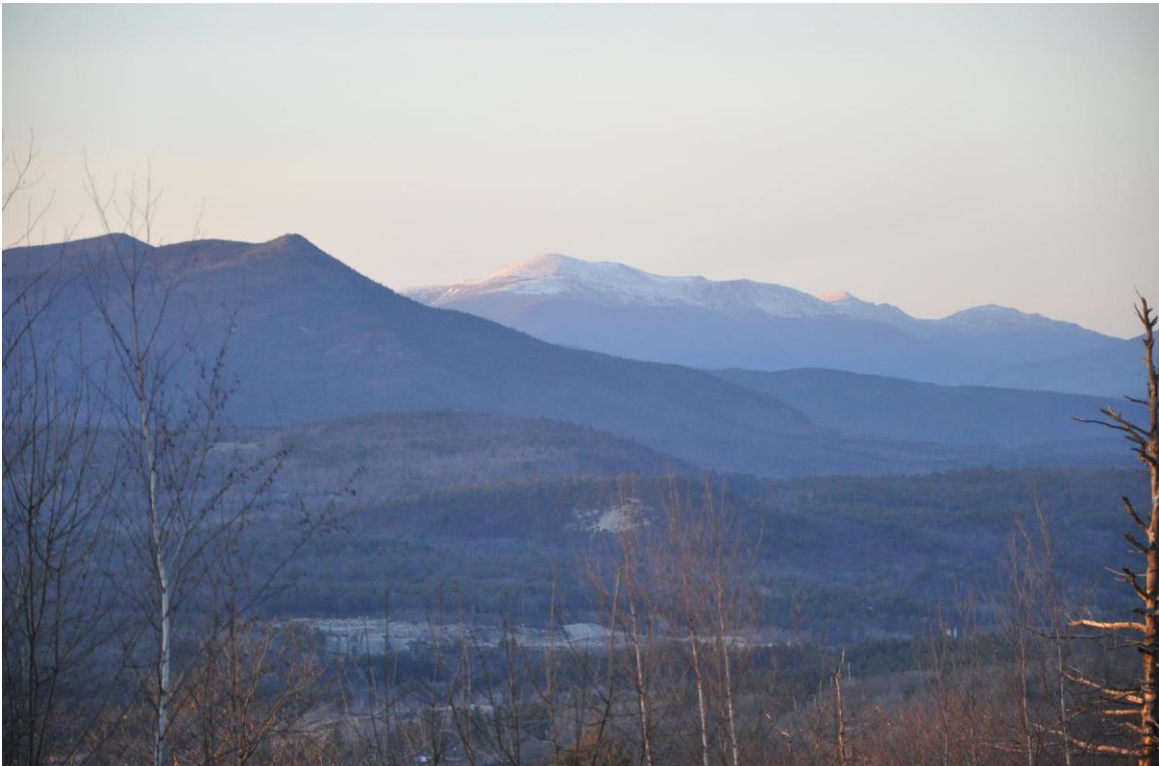
2012 12-10, 1872 - WINTER GREEN - During this dark and drab time of time of year here in the foothills, the winter greens help brighten our homes and our hearts. It is with gratitude that I go in search today for the winter greens that make this season such a joy.



2012 12-11, 1873 - ICE COATED TWIGS - The freezing rain coated the branches of the birch tree in a glistening layer of ice. The twigs bent under the weight but sprang back once the temperature warmed. We have the warmth of the Universe to melt away the weight that can form on the branches of our mind.



2012 12-12, 1874 - A MOMENT IN TIME - Today's date (12-12-12) will not line up the same for over a thousand years. It is another moment in time that will never be the same. Some people will miss this moment as they do with many other special moments that constantly take place around them. Be aware of the moment.



2012 12-13, 1875 - MULTIPLE USES - The bench at the edge of the clearing is well worn, and recently I discovered the tracks of a rabbit right next to it. The land is used even more than I realized. You are a multiple use person. You are involved in much more than you may realize. I wonder what that will be today.



2012 12-14, 1876 - READY FOR TAKEOFF - Nature has been building a magical plane, or perhaps a dragonfly, just above the brook, and it looks ready for takeoff. I can imagine in my mind soaring above the clouds and visiting worlds far beyond. Wherever you are, you soar in your magic craft in your mind.



2012 12-15, 1877 - THROUGH TIME INTO HEALING - Today's podcast started to write itself a few days ago and was finished yesterday afternoon. Perhaps the Universe was more involved than I. There are no words. Here is what came through.



2012 12-16, 1878 - SNOWY WALKS - There is nothing like a walk on a snowy day to help clear my head. The land becomes quiet and the connection to the Universe stronger. It can change my perspective of the world beyond. I come back refreshed and with a glint of hope that I am on my path.



2012 12-17, 1879 - WINTER MODE - Winter arrived today. The ground is covered with a fresh coat of white. Our lifestyle will change for the next few months until spring comes. Even though I am in Winter Mode my life purpose remains the same. I am grateful for the snow.



2012 12-18, 1880 - FINDING LIGHT ON A DARK MORNING - On dark mornings this time of year, I am greeted with bright holiday lights waiting for me to rise and go about the day. Even before that, when I first wake I breathe in spiritual light, and as I breathe out I know the Universe is lighting the day, no matter what time of year.



2012 12-19, 1881 - LIGHT SHOW - I gazed at a scene from the top of the mountain that contained both light and shadows. I could have focused my camera on either view, but I chose to capture the total picture. Sometimes we fail to see the whole picture of life when we are too focused in.



2012 12-20, 1882 - VIEW FROM THE DRIVEWAY - Over forty years ago when we first purchased the land where our house sits, we had a great view of the mountains. Then the trees across the road grew. Now our driveway provides the best vantage point. We can still see it, just from a different angle.



2012 12-21, 1883 - LOOKING INTO THE FUTURE - Here we finally are at the dawning of a new age. Cayce spoke of the emergence of the 5th root race of highly intuitive and spiritually connected people. We have an incredible opportunity to help in this transition to an age of peace, love and respect for All.



2012 12-22, 1884 - HOLIDAY MOODS - Most every religion has some sort of holiday during the winter solstice period. Some people feel festive while others feel down. What is the true spirit of the season, and what if we kept it going all year?



2012 12-23, 1885 - DECORATED AND READY - The fir tree in the orchard stands decorated and ready for the winter season. It is a lot bigger now than when we started to adorn it several years ago. To me the tree is a symbol of each of us. If we start with a basic decoration of a smile and positive words, we are ready for any season.



2012 12-24, 1886 - MAGIC WINDOWS - I have a magic window where I can gaze at the holiday lights twinkling in the night. I can remember the first time I saw a magic window as a child visiting my great-grandmother. The magic has never left. I have many windows, including ones on the mountain.



2012 12-25, 1887 - PEACE AND GOODWILL - Today, December 25th, is a holiday for many of you, and at the same time most everyone, regardless of their belief, celebrates something this time of year. In the spirit of gratitude and love, from our house to yours, may this be a long lasting time of PEACE AND GOOD WILL.



2012 12-26, 1888 - WINTER SUNSETS - The setting sun casts a cold glowing light across the mountains and amplifies the stark landscape. One can feel the cold night setting in. It is a time to enjoy the beauty and retreat to the warmth waiting inside. That warmth can be amplified by gratitude in your heart.



2012 12-27, 1889 - JUST A SPRINKLING - The pine tree received just enough of a sprinkling of white snow that it sparkled as it adorned the landscape. Just imagine what a sprinkling of kindness and positive energy would do to the landscape around you.



2012 12-28, 1890 - MINIATURE PONDS - The little pond at the Center is frozen solid for the duration of the winter. From the top of the mountain I gaze down on miniature ponds off in the distance. Both pond views give my mind the opportunity to sail the world in my imagination.



2012 12-29, 1891 - A VIEW OF THE SUMMIT - From the top of our mountain on a clear winter day one can see the towers on the top of Mount Washington. Looking at the big mountain gives me the chance to imagine what it would be like to be there as well as other thoughts and goals I may have for the future.



2012 12-30, 1892 - PROOF POSITIVE - Now that snow is covering the ground I have proof positive that there are still rabbits living on the land. In life there are many things taking place around us that we often do not see or even realize, like miracles for instance.



2012 12-31, 1893 - PRECIOUS MOMENTS - I use the camera in an attempt to capture precious moments as they stream across my life. They may be of nature or a special event. I know that I do not relive them in my mind the way others do. Each one of us captures precious moments differently. How do you?

