

**Message from the Mountain**  
**2014**

***Michael R. Hathaway***



2014 01-01, 2259 - HAPPY NEW YEAR - Today is an exciting new beginning of a year that many predict will be filled with enlightenment and rediscovery of one's soul purpose. Whether you become aware of this on the first day or the last day of the year, know that you are on the right course.



2014 01-02, 2260 - FACES IN THE BARK - I saw a face in the bark of a tree as I walked the old road, so I took a picture of it. It is one way I look for clues from the Universe to help guide me on my soul's path. This may or may not be a clue that fits into my journey. It may or may not fit into yours. You see what is right for you.



**2014 01-03, 2261 - FROZEN PINE** - The small pine was bent over by the weight of the ice and snow on its needles. It was frozen in place. Many of us feel the same here in the mountains as the icy grip of winter continues to dominate. At least we are free in our minds to dream and plan for spring.



**2014 01-04, 2262 - COLD WEATHER, WARM HEART** - The weather outside is the coldest it has been in quite a while. We are fortunate to have heat in the house. I wake in the morning in a warm bed with a beautiful wife beside me. My heart is warm with gratitude. There is always something to be grateful for regardless of the cold outside.



**2014 01-05, 2263 - GOLDEN SKY** - The sky in the west turned golden as the sun cast the last of its daily light over the foothills. It was a moment in time where I could journey through the beauty and connect with the Universe beyond. I felt joy, peace, and gratitude and knew I was not alone.



**2014 01-06, 2264 - UPS AND DOWNS OF THE WEATHER** - This winter season is turning out to be one for the record books. From extreme cold to rain, we are all feeling the impact of the weather. Sort of sounds like life. Though we may not control the weather or some life events, we do control our mental outlook on all events.



**2014 01-07, 2265 - DISSIPATING CLOUDS** - I watched from the window most of the day as the rain came down, keeping us from sanding our icy driveway and trapping us inside. Finally I saw the clouds dissipating in the west, and life began anew. The same applies in all aspects of life.



**2014 01-08, 2266 - MOVEMENT UNDER THE SURFACE** - The snow on top of the frozen brook hid the movement of the water that was flowing down the mountainside. In life when we don't see the movement along our life purpose, it is good to realize that the unseen is propelling us.



**2014 01-09, 2267 - MULTIPLE LAYERS** - The branch was covered in ice, which was covered in snow, creating a multiple layering effect. People have been wearing multiple layers of clothes to ward off the recent polar weather. We cover our thoughts in multiple layers to protect us, but they often weigh us down.



**2014 01-10, 2268 - PAINTING THE CLOUDS** - The sky looked like the beginning of a painting where the artist was placing dabs of color on the vast canvas. He was painting the clouds. As he progressed, the picture emerged. We are the artists of our goals as we fill in the colors one by one with the greatest of intentions.



**2014 01-11, 2269 - THE ABILITY TO BEND** - The hemlock tree is an example of the ability to bend. It can survive the weight of ice and snow and then bounce back after the storm's effect is over. There are people who have the ability to bend, and there are those who have forgotten how. It is the ability to give and take that keeps us on course.



**2014 01-12, 2270 - WINDING ITS WAY** - The little stream winds its way down the mountainside with many twists and turns, each one moving the rushing water closer to the great ocean beyond. Life mirrors the stream with its many twists and turns and great adventures as we progress along our soul's path.



**2014 01-13, 2271 - STANDING TALL** - The brown stems of the phlox have stood tall despite all the snow and ice we have gotten over the past couple of months. To me they symbolize people who stand tall and proud, living lives to their greatest intentions.



**2014 01-14, 2272 - SOMETHING'S MISSING** - The chickadee landed on the icy birdfeeder pole, looked around for its food, but it was missing. We had to take in the feeder because of a storm. When we find ourselves looking at a life situation and discovering that something's missing, we have an opportunity to make changes in line with our purpose.





**2014 01-15, 2273 - MID-JANUARY MELT** - The brook is roaring like it is April. The snow is disappearing with the recent rains. Is winter over? Hardly! Still, we are experiencing weather extremes this year. Have you noticed that people seem to be following the same pattern?



**2014 01-16, 2274 - LOOKING FOR PROOF** - It seems as if I am always looking for proof, seeking evidence that something that manifested in my mind is real. After I have witnessed the proof several times, I begin to trust that the proof will happen. I have seen proof that spring is already on the move.



**2014 01-17, 2275 - LOOK WHO WOKE UP** - A slight flash of movement caught my eye. I watched a chipmunk sleepily move to a point of safety under the old millstone. From there it surveyed the winter world. It reminded me of many people who are waking up to find that there may be more to life than they are currently experiencing.



**2014 01-18, 2276 - BUSY DAY AT THE FEEDERS** - It was a busy day at the bird feeders with several varieties flitting in and out, seeking nourishment. People have also been busy lately, mentally, looking for spiritual nourishment.



**2014 01-19, 2277 - IT ONLY TAKES A LITTLE** - It only took a couple of inches of new fluffy snow to change the look and feel of the landscape. For those who love to ski it is like the topping on a dessert. It only takes a little gratitude to change what could have been a blah day.



**2014 01-20, 2278 - WINTER FLOWER** - The small fungus growing on the tip of a sapling that had been trimmed a while ago looked like a little winter flower surrounded by white. It was a little spot of beauty in the cold world. You are a flower all year when your spiritual beauty is open for the world to discover.



**2014 01-21, 2279 - TIPPING POINT** - The heavy snow load became too much to bear for the small shrubs, causing them to tip over. In life we reach tipping points when an event or an emotion causes us to realize that we need to make a change.



**2014 01-22, 2280 - TREE FALLS** - Snow that had been caught in between the twin trunks of a tree had frozen and refrozen to give the effect of miniature waterfalls. That caused me to think of what it would be like to climb frozen waterfalls. I would need the right gear and guidance. The same applies to spiritual climbs.



**2014 01-23, 2281 - CAUGHT BY THE TIP** - The small hemlock tree was weighed down by the ice and snow until it was caught by the tip, frozen in a bent position. Only a small part held the whole tree captive. We hold ourselves captive sometimes by the littlest of things.



**2014 01-24, 2282 - TEEMING WITH LIFE** - The old tree on the side of the dirt road is teeming with life. It reminds me of how we are inspired when our minds are teeming with ideas. When there is so much to see or process, just ask the Universe to show you the next one to focus on.



**2014 01-25, 2283 - ONLY A FEW LEFT** - The nearly bare branches of the small birch standing alone in a background of white created an interesting image as I walked the trail. There were only a few old leaves left. The time has come in the spring in our soul to make way for new growth.



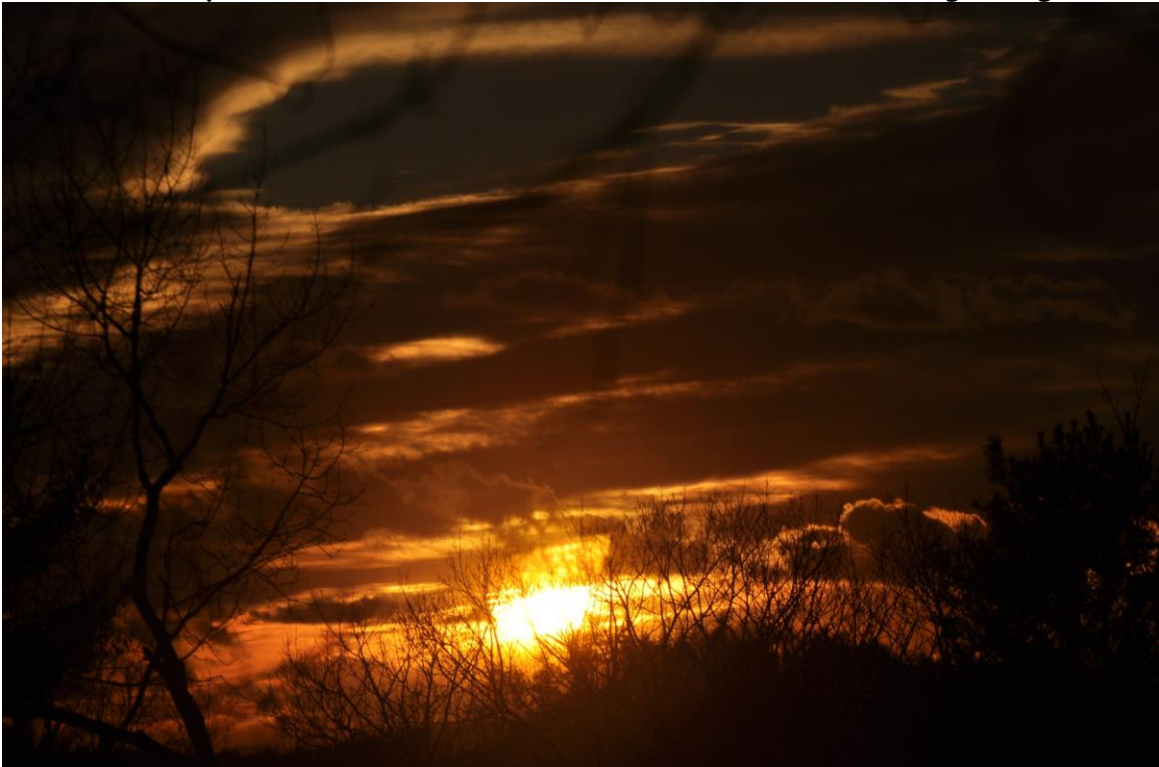
**2014 01-26, 2284 - WINTER VIEW** - The view across the valley in winter is stark and cold on a cloudy day. The wind chills right through to my bones and yet my heart is warmed by the prospect of approaching spring still nearly two months away. It is the time to dream and plan.



**2014 01-27, 2285 - I'M READY** - I'm ready! I'm ready for warmer days and the hints of green leaves. I'm ready for the smells of spring. I'm ready for the exciting transition from Pisces to Aquarius and an age of recovering our lost knowledge and understanding of our soul purpose.



**2014 01-28, 2286 - INCREASING DAYLIGHT** - Every day the sunlight is increasing by a minute or two. It helps me be aware of spectacular sunsets and sunrises enhanced by the winter snow on the mountains. I find my mind is full of increased awareness of the exciting changes ahead.



**2014 01-29, 2287 - NOT THE SAME** - The setting sun last night created a beautiful picture that was similar but not exactly the same as the day before. The increasing daylight is caused by the sun's angle shifting slightly to the north. Today's life is not the same as yesterday's.



**2014 01-30, 2288 - STONE COLD** - The ice and snow covered boulder at the edge of the trail sat in stone cold silence waiting for warmer days. "Stone cold" has many different meanings, just as your view of nature may be different than mine. After all, you know what is inside of you.





**2014 01-31, 2289 - COPPER LEAF - The dead leaf still hanging on the oak tree looks as if it had been dipped in copper. Copper is a metal that has been used by man for thousands of years. It reminds us of ancient wisdom. You have inside of you that ancient wisdom which, like the copper, transcends the ages.**



**2014 02-01, 2290 - WINTER REST STOP** - We paused for a moment on our hike, sat on a bench in a small clearing, and took a winter rest stop, gazing through the trees at the mountains to the west. You have a place in your mind where you can take a rest stop any time of the year.



**2014 02-02, 2291 - HALFWAY** - We are now halfway to spring. The optimist sees the longer days ahead. The pessimists dread the amount of winter left. Every day we have the opportunity to decide if we want to be an optimist or a pessimist. You are over halfway to connecting to your soul purpose.



**2014 02-03, 2292 - CLEAR CUT** - The view to the west is different now that a large clear cut has been created by loggers harvesting the timber. Perhaps someone will build a house there. In life it is always good to have a clear view, but it is also advisable not to throw away all your life experiences.



**2014 02-04, 2293 - WHAT A WAY TO END THE DAY** - My heart was filled with wonder and gratitude as I watched the red sky through the outline of the old pine. No matter what the circumstances or the weather, remembering something to be grateful for is a great way to end your day.



**2014 02-05, 2294 - ISLAND IN THE SNOW** - My eyes were drawn to a vast island in the snow. I wondered at all the mysteries that it held within its mountainous landscape. Then I stood back and marveled at the whole landscape surrounding this miniature scene which was part of a greater whole.



**2014 02-06, 2295 - A WALK ON THE FRESH SNOW** - There is nothing like a walk on fresh snow to help clear one's mind. The world looks new, and there is so much to investigate. Spending time in your mind feeling gratitude can be like a walk on fresh snow. You come back spiritually invigorated.



**2014 02-07, 2296 - A GOOD PRUNING** - We gave the old apple trees a good pruning on a cold winter's day. The goal is to encourage new growth and more fruit. Sometimes we need to prune away the old thoughts in our minds to make way for new growth of our soul's purpose.



**2014 02-08, 2297 - COUNT THE EYES** - The eyes in the bark of the tree seem to be watching me. I often feel when I am out in nature that I am not alone, that I am being watched by eyes that connect me to the past, the future, and the present. Then again, they are with me all the time. Have you counted the eyes that watch over you?



2014 02-09, 2298 - BEYOND THE FOREGROUND - The contrast was striking. In the foreground the snow-covered fir trees led my eyes to the pink alpine glow on the mountains across the valley. The two views complimented each other. To view life it is wise to see what's close and what's far away.



2014 02-10, 2299 - MASTERPIECES - My grandchildren gave me two masterpieces which reminded me, not only of the beauty of the mountains, but also the power of love. Love and gratitude are perhaps the greatest masterpieces of mind and heart.



**2014 02-11, 2300 - PODCAST 2300 CREATING BRIDGES** - The old log lying in the forest covered with snow creates a small bridge in time for my mind to cross over and into the Cosmos where the words of the Universe flow through me as I bring them back to you. We are all bridges in our own ways.



**2014 02-12, 2301 - EXPANDING DAYLIGHT** - Every day the light expands as the sun journeys across the horizon causing it to rise and set in a different place than it did yesterday. The images my camera captures are different each day. Many people don't observe the subtle changes even though they are taking place.



2014 02-13, 2302 - SNAGS - A thin string used by a forester to measure distance remained in place after he finished his work. Eventually a large animal, perhaps a deer or moose, passed by and caught the string, pulling it until it snagged on a tree - sort of like the snags we encounter in life.



2014 02-14, 2303 - I THOUGHT I HEARD A ROBIN - We hurried home after running some errands just as the massive snowstorm engulfed our area. As I open the door to the house, I thought I heard a robin's call. I chuckled, and my heart warmed, knowing that spring was on the way, at least in my mind.





**2014 02-15, 2304 - AN ANCIENT ICY CRYSTAL SKULL** - In the middle of the snowstorm I spied an ancient icy crystal skull in the middle of the brook flowing down the mountainside by our house. I thought of all the ancient knowledge that must be held within. Soon it disappeared in the snow leaving my imagination to wonder.



**2014 02-16, 2305 - THE WEATHER SIDE** - The north sides of the trees were pasted with windblown snow from the recent storm which blanketed the foothills and mountains beyond. Had I been out in it, I would have felt the sting of the wind. Fortunately I was in a warm place. My heart provides a warm place from the weather side of life.



**2014 02-17, 2306 - THERE IS COLOR ON A WINTER WALK** - In the winter I become more sensitive to the subtle colors that adorn the landscape. If I was fully occupied in my mind, I'm sure I would miss them. To me, what is in my mind can go hand and hand with what I notice in nature.



**2014 02-18, 2307 - BLOWN TOGETHER** - The strong winds of the past couple of nights have pulled beech leaves off the trees and blown them together into small piles along the old road. It reminds me of how the Universe brings our souls back together as we journey across the Cosmos.



**2014 02-19, 2308 - IN THE HEART OF WINTER** - Snow, snow and more snow! You either love it or hate it. Then again, if you live here in the mountains, the heart of winter is part of life. People often either hate or love their lives. In the heart of life, like the heart of winter, there is much to be grateful for.



**2014 02-20, 2309 - HIDDEN DIRECTIONS** - A layer of white snow blending into the landscape pasted the box containing directions for the trails. One would hardly notice they were there. Perhaps the same is true for the directions for our soul's purpose. Maybe they are right there blending into the landscape.



**2014 02-21, 2310 - DISAPPEARING OBJECTS** - Nature is a great magician. In the summer it grows leaves to make views and objects in the woods disappear. In the winter snow covers up the landscape. Everything is still there; it is just out of view. We cause dreams to disappear because of the way we think of them.



**2014 02-22, 2311 - FRESH LOOK FOR AN OLD TREE** - The old tree got a facelift, at least for a short time, as its bark was covered with a fresh coating of wind driven snow. It will soon melt, but for that moment it became an inspiration, teaching me that old ideas can get fresh looks.



**2014 02-23, 2312 - MOUNTAIN MORNINGS** - There is something about the mornings here in the mountains no matter what time of year it is. It is like waking up to a clean slate, an opportunity to start anew. Each dawn begins a little differently. Then again, wherever you are each day can be a new adventure if you chose it to be.



**2014 02-24, 2313 - BUDS AND SNOW** - Warm days and snowy days create the collision of winter and spring. Sooner or later spring will win out. Many people are being pushed by the inner signals of their souls' purpose and are being held back by the fear of moving forward. Which will win?



**2014 02-25, 2314 - THE EYE OF THE BIRCH** - The eye in the birch caught my attention. I asked myself, "Do trees have a soul? Do they have the ability to observe all that takes place around them?" I know people who believe they can talk to trees. If this is true they are only a witness to where their roots are planted. We are free to roam.



**2014 02-26, 2315 - WINTER VIEWS** - Winter views can be stark and cold, fluffy white, skies of red or gold, or covered by approaching storm clouds. The view is never the same. This is true at all times of the year. I look forward to those views; they help give me perspectives on life.



**2014 02-27, 2316 - ICY FILIGREE** - The water in the little stream freezes and refreezes as the warm and the cold temperatures combine together to create icy filigree on the surface. It is a touch of beauty in a frozen world where people are waiting for the beauty of spring.



**2014 02-28, 2317 - ROSE HIPS IN WINTER** - There is something royal about a rose, even in the starkness of winter when the core of the blossom remains on the plant. Rose hips remind me that there is always beauty to discover in nature, even on a cold winter day.



**2014 03-01, 2318 - SILENT HARBOR** - The small harbor on the coast of Maine is silent on a cold sunny afternoon. The only activity is the thoughts in my mind. The scene reminds me of being up on the mountain where I feel so connected to nature. We all have a silent harbor in our minds.



**2014 03-02, 2319 - FOOTPRINTS IN THE SAND** - A solitary walk on a pristine beach on a cold winter's day is like starting out with your mind in a clean slate. We forge our own path with our own intentions. Every day that you wake up with gratitude and love, you are creating a new pathway to success.





**2014 03-03, 2320 - SIGNS OF CHANGE** - One of the signs of change of the seasons is the annual tapping of the maple trees. Finally, I think there is hope of spring. I am also seeing signs of changes in people. Many are learning that there is much more to life than they were aware of.



**2014 03-04, 2321 - UNDER THE BRANCHES** - When I look under the branches of hemlock and pine trees this time of year, I begin to see a receding snow line. The warmth of the sun each day is creating growing patches of bare ground. It is another way that nature stimulates the thoughts in my mind as I dream of spring.



**2014 03-05, 2322 - A TOUCH OF WINTER BEAUTY** - In the winter I can find a touch of beauty in many places that one would not think to look. The dried seedpods framed by a white background of snow bring a smile to my face. A smile on my face reflects gratitude in my heart.



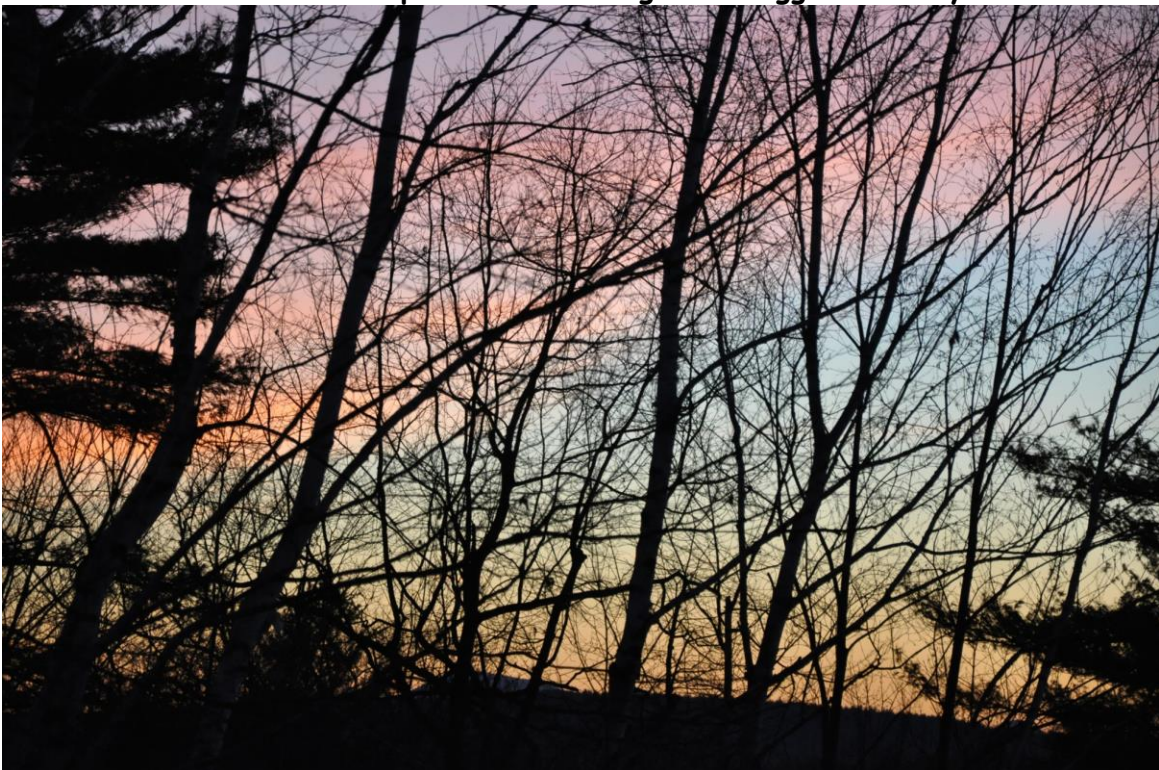
**2014 03-06, 2323 - HARSH REALITIES** - The trail looked inviting. I started up it and the harsh reality of winter set in. I chose a different route where the walking was easier. In the harsh realities of life we always have choices in the routes we take. Changes begin by making choices in your mind.



2014 03-07, 2324 - HIDDEN IN PLAIN SIGHT - The bird's nest where a mother had raised its young rested quietly above the walk along the shore. It was hidden in plain sight only a few feet from the thousands of walkers that passed by in the summer. We have much around us that is hidden in plain sight.



2014 03-08, 2325 - EVENING SKY - I often try to capture the images of the evening sky. They are always a little different and are always a source of inspiration for me. That inspiration turns to gratitude and I know that I am a part of something much bigger than myself.



**2014 03-09, 2326 - SPECIAL DELIVERY** - The old mailbox near a friend's cottage was almost totally covered by snow. I chuckled to myself as I saw the tiny mouse tracks going to it. It reminded me that when we send out thoughts to the Universe, the return packages can be delivered in more ways than imaginable.



**2014 03-10, 2327 - LITTLE PYRAMID BY THE SEA** - There is a small bolder at the edge of the sea along the Marginal Way that looks like a little pyramid. Every time I see it I wonder if it attracts earth energy to its point. For me, the little pyramid by the sea gives my mind an opportunity to wander into the unknown.



**2014 03-11, 2328 - ICE DOODLES** - The water in the brook keeps freezing and melting and freezing again, creating ice doodles that are constantly changing. People doodle with pen and paper as a way to engage their unconscious mind, often revealing information hidden from their consciousness.



**2014 03-12, 2329 - A FREAK OF NATURE** - The strange looking limb growing out of the tree was a freak of nature. It was different than most other limbs. Sometimes people such as Edgar Cayce are labeled freaks. A label is often attached to something that is misunderstood. Edgar Cayce helped many people.



2014 03-13, 2330 - FINDING BEAUTY IN THE STORM - The mid-March snowstorm was welcomed with mixed feelings. Many people are tired of winter and want a change of seasons. However, it is storming again, and there is beauty in it if one chooses to see it.



2014 03-14, 2331 - DOUBLE SUNSHINE - The setting sun shining through the sun in the leaded glass window in the great room created a warm glow. As I thought of gratitude for the window, it reminded me that the power of gratitude in the heart is like double sunshine.



**2014 03-15, 2332 - SLOW FLOW** - This has not been a very productive maple season so far. In two weeks our trees have only been checked on once. One can only hope that when the flow starts, it makes up for its slow beginning. An idea in our mind sometimes flows slowly. It takes time and patience.



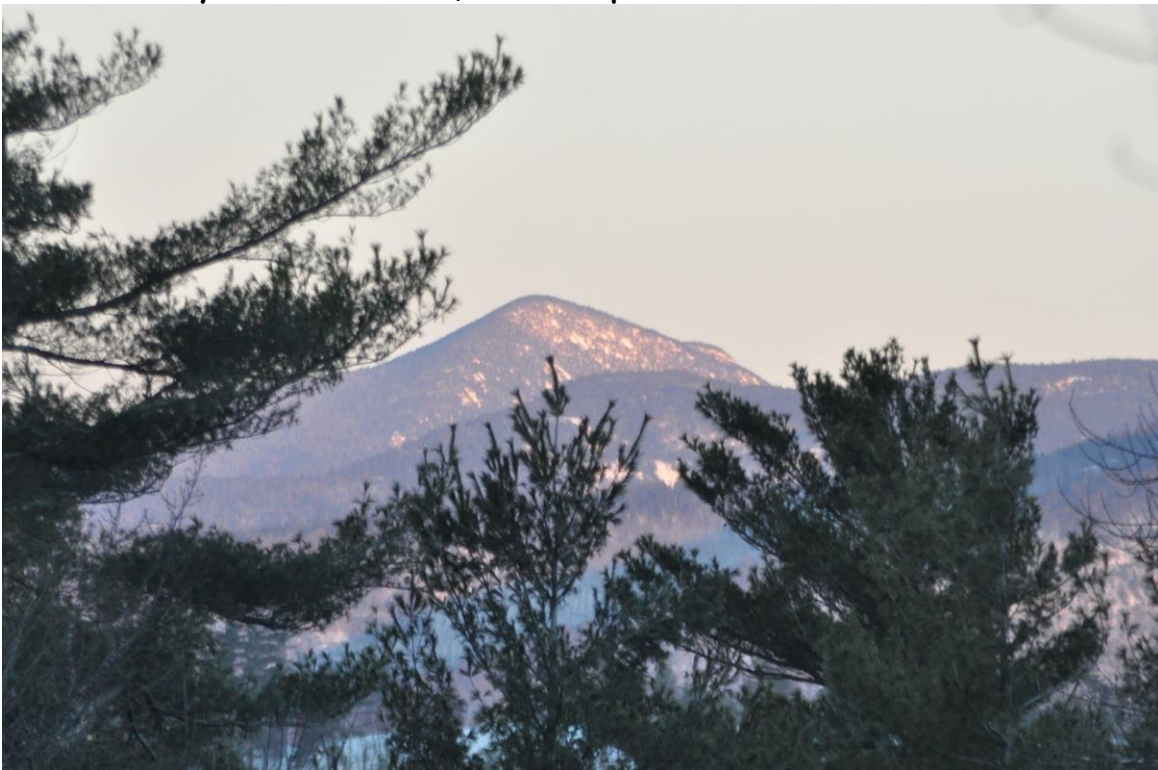
**2014 03-16, 2333 - CAPTURING HALOS** - I saw dark clouds ringed with sunshine that I captured in a photograph. People can have halos that are often seen as positive auras, and that reminds me of the good energy we can capture with positive thinking.



**2014 03-17, 2334 - SEARCHING FOR SOME GREEN** - Spring is only a few days away as we celebrate St. Patrick's Day. Just as I search my wardrobe for some green to wear, I also search the landscape for something green to be grateful for. Today it is the sun through the hemlock. Soon it will be green grass.



**2014 03-18, 2335 - INSPIRING SUNRISES** - How many songs can you think of, paintings you've seen or photos you're taken, are about sunrises? Sunrises can signal new beginnings, clean slates, or just gratitude. Today is a new sunrise, a new inspiration.





**2014 03-19, 2336 - LETTING THE KID OUT** - After we finished pruning the orchard, Grammie decided to take a ride on our grandchildren's sled. It was a joy to watch her let the kid out inside of her. Many people never do that. They live life missing out on a good part of it.



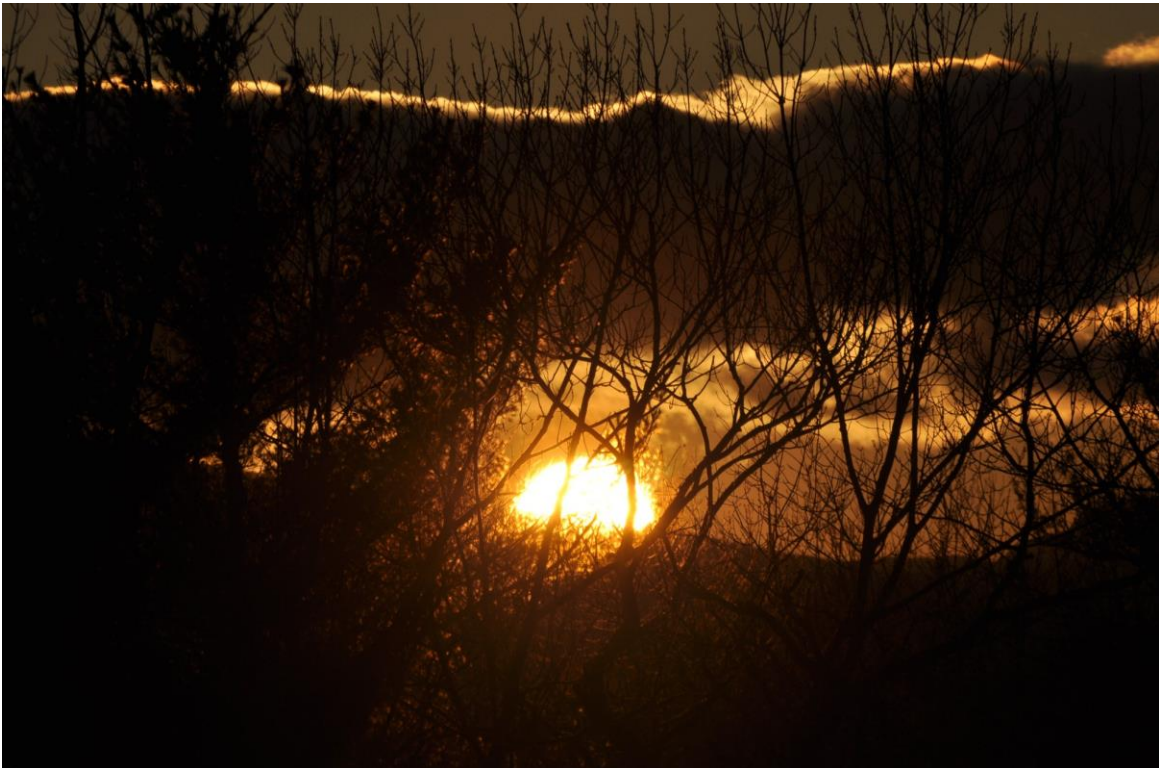
**2014 03-20, 2337 - FINALLY IT'S SPRING...SOMEWHERE** - Finally the calendar has reached spring. Nature greeted spring here in the mountains with a foot of new snow. One needs a sense of humor to help ease our cabin fever. Finally it is spring...somewhere!



**2014 03-21, 2338 - WATCHING THE MOON THROUGH THE BIRCHES** - Early in the morning I watched the moon shining through the birches. My mind went back to my childhood as I thought of favorite birch trees in my memory. Add to that the magic of the moon and nature again filled my heart with gratitude.



**2014 03-22, 2339 - EVENING SPECTACLE** - The setting sun created a dramatic spectacle as it shined through the bare branches of the trees in the foreground. It was that evening spectacle that caught our eyes nearly fifty years ago and still does. It is where the Universe chose us to be.



**2014 03-23, 2340 - OPEN WATER** - There is nothing like watching open water flow during springtime. It stimulates my imagination and cruises the vast expanses of my mind. It immerses me in the energy that pushes tiny buds to open into the leaves of summer.



**2014 03-24, 2341 - TIME TO LET GO** - It is time for the oak and beech trees to let go of the old leaves from last year to make room for the new leaves to grow. It is time for us to release old habits as the spring begins to flow over the land.



**2014 03-25, 2342 - CLOUD STUDY** - I love to study clouds. I like to watch their shapes evolve, their colors change, and I sometimes look for images that guide me as they float across the sky. There is always something to learn from the study of clouds; something to give me hope.



**2014 03-26, 2343 - HEART REMINDERS** - I look for heart reminders everywhere I go. I search the ground for rocks, the bark of trees and the clouds in the sky. Whenever I see a heart shape, it reminds me of the gratitude I feel in my heart; gratitude for the known and unknown.



2014 03-27, 2344 - BELIEVING IN MIRACLES - Yesterday I was reminded by the setting sun that the valley witnessed a miracle of sorts. One of the most powerful March winter storms in history stayed out to sea missing most of New England. I am grateful for the miracles I experience and witness every day.



2014 03-28, 2345 - SOMETIMES I JUST SHAKE MY HEAD - Sometimes the things I observe in nature cause me to just shake my head and wonder. The other day I saw a face in a piece of birch bark that looked like a stone face I found years ago. Is there a connection? What is there that I do not yet know?



**2014 03-29, 2346 - PEELING AWAY OLD LAYERS** - The winds of winter and spring help peel the layers of bark on a birch tree making way for new growth. For us to grow it is often necessary to peel away old paradigms to make room for new knowledge.



**2014 03-30, 2347 - EYES OF THE WOODS** - There are many eyes that watch over me as I walk the land. There are eyes that the woodpeckers have dug into old dead trees. There are eyes of the unseen, like guides and angels that watch over me with love. We are all watched wherever we go.



**2014 03-31, 2348 - BENT LOGIC - I'm not sure whether this podcast makes any sense or not, but when I observed a maple, I became aware that the coarse bark became smooth at a bend in the trunk of the tree. I'm not sure what the logic in this is, but I do know that when we bend our thoughts, we often get what we don't want.**



**2014 04-01, 2349 - BUDS ON ICE** - As spring tries to overtake winter, nature provides some unique opportunities such as the scene I witnessed yesterday morning. The buds on the beech tree had ice covering them. I thought of new ideas emerging even when the old don't want to let go.



**2014 04-02, 2350 - NEVER THOUGHT I'D BE SO GLAD TO SEE MUD SEASON** - The mud is finally beginning to surface as the ground thaws with the spring warmth. It has been a long winter and I am grateful for any signs of spring including mud. I guess the key is staying grateful no matter what the season.





2014 04-03, 2351 - HEY BUD, I'M TALKING TO YOU - I'm having a little chat with the buds this year. They seem to be taking their time preparing to burst out into the open air. This spring reminds me of all the people who are reluctant to open their buds of inner wisdom to share with the world.



2014 04-04, 2352 - THE SOUND OF SPRING - Finally, I can hear the sound of spring as it rushes down the mountain side. The melting snow is filling the little brook to its rim. During the last of the winter I was grateful for the coming season. Now I am grateful for what is here.



2014 04-05, 2353 - GHOST LEAF - The old leaf was white as a ghost. It hung silently haunting the branch of the tree, refusing to let go. Ghost habits and old thoughts often haunt us as we walk our path of life.



2014 04-06, 2354 - SUNLIGHT AND BIRCH BARK - The morning sun pierced through a thin layer of birch bark waving in the breeze. Sometimes we have experiences in nature as well as all of life that are difficult to describe in words. That is a time for quiet gratitude.



2014 04-07, 2355 - WATCHING THE HILLSIDE - I watch the hillside on the side of the mountain every day during the spring. I observe the patches of brown bare ground growing larger as spring advances through the valley. Soon it will be green coming up from the ground. Every day there is something new to discover.



2014 04-08, 2356 - SHARP EYES - It is always good to have sharp eyes when walking in nature. It is very easy to miss the hidden beauty that is very close. A flash in the woods turned out to be two beautiful partridges on a spring walk.



**2014 04-09, 2357 - LOOK WHAT I FOUND** - With so much snow this year and such a late spring we are behind in the normal growth cycle. Yesterday I found it - the first signs of green growth. Yesterday I became a kid again. Yesterday I found life!



**2014 04-10, 2358 - NATURE'S WATER FEATURES** - Nature has a way of creating special places where the sound of moving water can help propel us into higher dimensions where our souls can journey through the Cosmos. When the little brook begins to cascade during the spring melt I know my spirit is being renewed again.



**2014 04-11, 2359 - HIDDEN IN THE SCROLLS** - When I discovered a birch bark scroll lying on the old road, blown free by the winds of change, I wondered if the ancient's left a history of the earth, of their journeys, that is still unknown to modern man. I wonder if they were much smarter than us?



**2014 04-12, 2360 - ALL BUDDED** - The mayflowers on a patch of ground where the morning sun warms the earth are clear of snow and all budded. I wouldn't be surprised to find their flowers one day soon. We have ideas all budded in our mind and ready to burst forth with the help of gratitude and love.



2014 04-13, 2361 - A MUDDY HEART - Heart signs materialize in many different places. To me it is confirmation that something or someone is placing them there for me to find - a reminder that I am not alone as I walk my path of life. So it was as I looked down while walking a muddy road.



2014 04-14, 2362 - SHINING THROUGH - It had been a rainy cloudy day, but just before sunset I saw the sun shining through the overcast. It reminded me of how when we hold love and gratitude in our hearts, it may not always be seen by others, but it is still shining through.



**2014 04-15, 2363 - ANGEL SIGNS** - We look for signs to help us confirm that what we perceive or hope for in our minds are true. I look for signs in nature like the tattered leaf on the beech tree that looked to me like an angel showing me the way.



**2014 04-16, 2364 - WOULDN'T YOU KNOW** - Wouldn't you know? Here it is in the middle of April. The weather has finely turned warm, the crocuses are buddied, and we get a fresh coating of snow. It's interesting how people look at interruptions in life without realizing the benefits. Nature is just fertilizing the flowers.



**2014 04-17, 2365 - ICY TREATS** - The fast flowing water in the brook reminds me of the Popsicle icy treats I used to enjoy when I was young. Come to think of it I'm still young in my mind and now I enjoy the icy treats nature provides for me to observe.



**2014 04-18, 2366 - LITTLE BEAUTIES** - The first little beauties of spring opened their flower mouths yesterday, looking for nourishment from the sun. These little beauties provided me spiritual nourishment to help sustain my day. Nature always gives us little gems.





**2014 04-19, 2367 - ALWAYS DIFFERENT** - Every sunset or sunrise here in the mountains is different. The timing is different. The sky is different. The sun never sets in the same place as it moves across the sky. Life is always different.



**2014 04-20, 2368 - TRADITIONS** - Flowers play a big role in helping us celebrate traditions. We incorporate lilies at Easter, carnations for Mother's Day, red, white and blue flowers for the Fourth of July, and greens and poinsettias for winter holidays. Nature is a very important part of our lives and our beliefs.



**2014 04-21, 2369 - LAST RAYS OF THE EVENING** - The last rays of the setting sun disappear behind the mountains leaving a golden glow on the horizon and in my heart.



**2014 04-22, 2370 - NATURE'S FUZZY TREATS** - The little pussy willow growing near the edge of the road is adorned with fuzzy treats. Seeing the small blooms is like holding a stuffed toy in my mind. I am a child again.



**2014 04-23, 2371 - FROZEN DESIGN** - Recently on one of the last freezes of the season, I noticed a mud puddle on the old road frozen with part of the water already seeped into the dirt. I was so impressed with the design that nature had created I lingered awhile in appreciation.



**2014 04-24, 2372 - THE VIEW FROM INSIDE** - I looked out the window from the Gallery Room at the Center and watched the water's surface of the little meditation pond ripple with frogs doing a mating dance. Spring is here. To really experience what I saw I stepped outside. The same is true with my thoughts.



**2014 04-25, 2373 - ALL PUFFED UP** - It's that time of year. The birds are all puffed up, including a magnificent male turkey that brought his brood by recently. People are also feeling what could be described as downloads of energy. We are all riding the wave.



**2014 04-26, 2374 - THE OLD TREE** - The old tree ravaged by the ice storm of 1998 finally was toppled by the high winds. We had wondered how we were going to safely cut it down. The path that nature guided it on during its final flight caused it to miss most of the lilacs we worried that we might lose. There were guiding hands at work.



**2014 04-27, 2375 - A NEW BATCH** - There is a new batch of frogs' eggs brewing in the little pond at the Center. The animals, birds, and even the plants are creating new batches of young. We have the opportunity to wake up and create a new batch of life every day.



**2014 04-28, 2376 - CHASING DARK CLOUDS AWAY** - The brilliant sky filled with red and gold chased away the dark storm clouds leaving a beautiful sunset. In life the light of unconditional love shining through our hearts can chase away fears and the darkness of self-doubt.



**2014 04-29, 2377 - SOONER OR LATER** - The large bunch of daffodils has yet to bloom this spring. Sooner or later they will turn into a beautiful bouquet of yellow flowers. It's hard to rush Mother Nature. In life the Universe often controls the opening of our blooms. Trust that they are opening, sooner or later.



**2014 04-30, 2378 - DRAB BEAUTY** - The phase of spring we are currently in here in the mountains is what I would describe as drab beauty. Yet there is beauty in the drabness. I choose to see the potential color waiting to burst forth. Every day in every way, life has beauty in the drabness.



**2014 05-01, 2379 - MAYFLOWERS** - This year April held off on its usual spring display, waiting for May to make its presence known. Soon the warm weather will bring color to the land and May's flowers will brighten our lives. Today I wait with gratitude.



**2014 05-02, 2380 - HIDDEN JEWELS** - The droplets of water looked like hidden jewels as they shone in the morning sun. They were held in tiny lupine leaves as they poked their heads above ground in the field at the top of the mountain. The real value was the moment filled with gratitude for the beauty surrounding me.



**2014 05-03, 2381 - WAITING FOR A FAMILY** - The birdhouses our son made us are now in place and waiting for a family to move in. We are all a family here on earth. Wouldn't it be incredible if we chose to see the specialness in our differences and lived together in harmony?



**2014 05-04, 2382 - ANOTHER REMINDER** - I saw another reminder the other day. It was a large rock, and from my perspective looked like a heart. It reminded me for a moment that my heart when filled with gratitude can help create a day filled with love.





**2014 05-05, 2383 - TRANSPLANTS** - The Center has many plants and shrubs that have been transplanted from many places. Each one comes with a special energy. I have found that the same is true of the people that are moving here to be close to the land. They are also transplanting their special energy for others to benefit from.



**2014 05-06, 2384 - OCEAN SUNRISE** - As the first rays of the morning sun began to reflect on the cloud front moving across the sky I began to see the hints of the brilliant colors soon to come. I was not disappointed. I carried the beautiful experience with me long after the sun was high in the sky.



**2014 05-07, 2385 - WHERE THERE IS LIFE** - A small patch of yellow flowers caught our eye as we walked along the ocean. A fresh source of water trickling down the bank helped promote growth. I was reminded that when life seems barren, just a trickle of gratitude in your heart can help you grow life again.



**2014 05-08, 2386 - WHERE WINTER LIVES** - From the top of the mountain I can see where winter still lives. I can also see spring and the beginnings of summer. To experience winter I need to climb the big mountains. To live life I have choices. I can observe or I can get involved.



**2014 05-09, 2387 - A SPY IN THE WOODS** - We have a spy in the woods to keep watch of the wildlife that wander the land. It proves that there is something we may not actually see. Wouldn't it be nice to have a spy in life to prove whether the unknown is real or not? For now trust provides the proof.



**2014 05-10, 2388 - WEAR LINES** - The small boulder beside the edge of the ocean was covered with unique wear lines. One could imagine the weather conditions it has endured throughout its journey. People have wear lines, some cut deep into their soul. As is the rock so are you, both unique.



2014 05-11, 2389 - MOTHERS' DAY BOUQUETS - On this Mothers' Day we celebrate the beauty and love that our mothers provided us and still do from the other side (for those that have passed). Flower Bouquets are a reminder any time of year of the love and gratitude we feel towards mothers of all ages past and present.



2014 05-12, 2390 - LIFE IS HUMMING - The warm weather of late has finally started life humming again. All of a sudden green leaves are popping out and each day brings new varieties of shrubs and flowers blooming. Now is the time to take in each moment of life with gratitude so that you hum with it.



**2014 05-13, 2391 - OPEN DEN** - A well-worn path led to a dark opening less than a hundred feet from the trail. It must have been a shelter from winter storms for what I guessed to be a hibernating bear. The land is a shelter for many forms of life.



**2014 05-14, 2392 - SPRING GREEN** - The fresh new leaves add a touch of green to the landscape. Even though it looks bright to the mind's eye, it is still dull to the camera. Spring green is like ideas in the mind. Giving them a chance to mature brings them into full color.



**2014 05-15, 2393 - LOST KNOWLEDGE** - There is so much we don't know about the land. There is so much we don't know about the earth. There is so much we don't know about the Universe. There is so much we don't know within our own souls. Is it really lost or waiting to be found?



**2014 05-16, 2394 - SPECIAL GUEST** - A special guest flew in for a visit the other day. He is welcome to stay for the summer if he chooses. His positive energy brightens up the landscape. Perhaps he will raise a family here. He is a scarlet tanager. There are also special people who bring positive energy.



**2014 05-17, 2395 - CLOUD MOUNTAINS** - On this dull overcast day a new mountain range appeared high in the sky above the ones that guarded the valleys below. These mountains were made of clouds, and as they floated away a part of my imagination soared with them.



**2014 05-18, 2396 - GETTING THE BENCH READY** - The bench at the edge of the clearing has a fresh coat of paint and is ready for the visitors that linger a while reflecting on the beauty of the land. We are all getting ready for an exciting journey into the future. Some will travel far and others will linger where they are.



2014 05-19, 2397 - HIGHLIGHTED BY THE SETTING SUN - The setting sun highlighted the mountains to the west. The scene was framed by the beautiful sky and the dark leaves of the trees in the foreground. Life here on earth is unique and like no other place in the universe. There is always something to wonder about.



2014 05-20, 2398 - INDIGO BUNTING - The other day an indigo bunting stopped by the bird feeder for a snack. Its beautiful blue feathers stood out in the dullness of the overcast day. I was grateful for the beauty that came into my life for a fleeting moment. Then my mind focused on the next beautiful moment.





**2014 05-21, 2399 - ALWAYS DIFFERENT** - The view from the top of the mountain is always different. The view from the valley below is always different. No matter where you view life from it is constantly changing. Each second has its own uniqueness.



**2014 05-22, 2400 - WILD BLUE VIOLETS** - The wild blue violets were so big they almost looked like they were domestic flowers rather than planted by nature. No matter what the size, there are a lot of big pleasures and treasures to discover that nature has planted for us.



**2014 05-23, 2401 - CAPTURED** - The evening grosbeak appears to be captured in a bird cage. Actually it is free to come and go. It is having lunch on a platform feeder with bars to keep bigger birds away. Sometimes people think they are captured in life when they are really free to make their own decisions.



**2014 05-24, 2402 - APPLE BLOSSOM TIME** - The apple blossoms are in full bloom here in the foothills. It is a time to rejoice at the promise of the future harvest and to think back to memories I have of enjoying the beauty of these fragrant flowers in the past. It is powerful to be in the moment.



**2014 05-25, 2403 - LILAC MEMORIES** - The white lilacs we have on our property bring me back to childhood memories of carrying the fragrant flower in a Memorial Day Parade and depositing it in the lake by the cemetery to honor the veterans who were buried there. Those were special parades.



**2014 05-26, 2404 - FORGET ME NOT** - The beautiful little forget-me-nots cover the ground in a sea of blue color. They serve to remind us of all the veterans who have given so much to defend this country and fight for freedom around the world. You are not forgotten.



**2014 05-27, 2405 - PREPARING TO LAUNCH** - The turkey began to run awkwardly down the red cedar pathway preparing to launch into the air to fly. Like a jet plane it shot skyward and across the road. It reminded me of how people sometimes go about launching their dreams. It often takes a moment of faith to propel them on their way.



**2014 05-28, 2406 - LADY OF THE WOODS** - The royal lady slipper has arrived on the late spring scene. Her beauty brightens the landscape and is proof that the summer season is almost at hand. Life is in constant transition. It is a wonderful time to pause and enjoy the beauty of the earth with gratitude.



**2014 05-29, 2407 - THE WILD AND THE BEAUTIFUL** - The combination of wild blueberry blossoms and ground phlox creates a beautiful setting beside the driveway. Anyone passing along the road has the opportunity to observe and appreciate how nature has combined the two. The same is often true with our creative thoughts. The Universe is in charge.



**2014 05-30, 2408 - IT WON'T BE LONG** - It won't be long before the lupine will share their beautiful blooms with the hikers that pass by the clearing on top of the mountain. It won't be long until the summer winds blow across the valley. We can rejoice in the moment for things to come.



2014 05-31, 2409 - EXOTIC FERNS - Ferns look like some sort of primeval exotic throw-back to times and places long forgotten. The design of a fern is very intricate and one wonders how the masters of the Universe came up with their creation, including the design of a human.



**2014 06-01, 2410 - RHODORA** - A small bush grows beside a spot in the trail that stays wet longer than most of the mountainside. It was in flower when I passed by. I looked it up in the flower book, and I think it is called rhodora. It has adapted to the environment. Humans are adaptable too if they choose to be.



**2014 06-02, 2411 - FROM FEW CAME MANY** - From a few lilies-of-the-valleys planted twenty years ago came an advancing army of plants numbering in the hundreds today. Imagine what a few positive thoughts and actions will do when planted throughout the landscape of life.



**2014 06-03, 2412 - LOOKING INTO THE GREEN** - The view from our balcony this time of year looks into a tunnel of green. I'm drawn into a journey that takes me out into the vastness of the Cosmos to wonder and marvel at the incredible vastness of life. I bring it with me when I come back, refreshed and grateful.



**2014 06-04, 2413 - SEARCHING FOR THE MOTHER LODE** - Searching the mountainside for lady slippers on our yearly count of this wild orchid, we found the mother lode in the last place we looked. We are always looking for mother lodes in life but often give up when we are almost there. Keep your eyes open and have faith.





**2014 06-05, 2414 - ANTICIPATION** - It is with great anticipation we have been waiting for the lupines to flower since the snow first melted off the clearing in the spring. Soon the field will spring to life with the beautiful blooms. Anticipating positive outcomes is much better than dreading negative ones.



**2014 06-06, 2415 - BLUE HYACINTH** - The blue hyacinth flower is a combination of many different shades of blue. It is, as are all flowers, an amazing creation of nature. Then again, the shades of every human being are also different and unique, the design of the universe.



**2014 06-07, 2416 - OPEN WIDE** - The giant iris opened wide for all to see its beautiful bloom. It is so tall and the flowers so heavy that it soon bends over and disappears into the flower bed. Still, it blooms every year. People are often afraid to open wide their special abilities for others to see. Remember the brave iris.



**2014 06-08, 2417 - WHITE VIOLETS** - There is a place on the side of the trail going up the mountain where white violets grow. It is the only place on the property where we find them. We are grateful this small plant has chosen this place to thrive. It is an inspiration to look for other beauty growing around us.



**2014 06-09, 2418 - HACKLES RAISED** - The partridge raised its hackle feathers when it thought that I represented a danger to it and its brood. It reminded me that when something pushes my button, I say to myself three times, "I am love" and then three times, "I am loved". My hackles then relax.



**2014 06-10, 2419 - FESTIVAL TIME** - It's festival time. There is a show going on in the clearing at the top of the mountain. It is a lupine festival, something we have dreamed about for years that is now real. There is always something to celebrate in life and you are all invited to experience your own dreams becoming realities.



**2014 06-11, 2420 - WILD RED COLUMBINE** - A splash of red caught my eye in a sea of green. I focused my eyes on the color and discovered a wild columbine in bloom. This small delicate flower growing wild on the mountainside reminded me that there is always beauty around us if we focus on it.



**2014 06-12, 2421 - HAVING A SIP** - The bumble bee sips sweet nectar from a lupine flower on the mountainside. The nectar will help sustain this insect, providing energy as it continues its journey. We look for sips of spiritual nectar to help us on our soul's journey. You can find the source in your heart.



2014 06-13, 2422 - GREEN GREEN GREEN - The view of the landscape from the edge of the orchard this time of year is green, green, green. Looking closer one can see the different shapes as they blend together leading to the trees beyond. To see the shades of life one needs to pause and ponder for a moment.



2014 06-14, 2423 - COASTAL GARDENS - There is something about the salt air and climate along the coast that helps grow beautiful flower gardens. The blooms seem to be a little brighter and richer in color. Nature is always different wherever you observe it and always unique. So is life.



**2014 06-15, 2424 - WATER BEAUTIES** - The little frog pond at the Center has several water beauties living in it. One that blooms early in the spring is small and has beautiful star-shaped flowers. The beauty of nature surrounds us just as we are often surrounded with beautiful acts of human kindness.



**2014 06-16, 2425 - ASTER CIRCLE** - There is a spot in the orchard where a lone apple tree is ringed by tiny asters, now in bloom. Butterflies and moths are drawn to this place to sip the sweet nectar of the plants. I wonder, why this one place? What is it that draws us to live or visit places that are special?



2014 06-17, 2426 - MAJESTIC MONARCH - The majestic monarch paused for a moment to sip sweet nectar from a tiny wild aster. I was so struck by its beauty. One could imagine how it might have inspired man to create flying machines in its shape. Nature is such an inspiration and connection to the Cosmos beyond.



2014 06-18, 2427 - THE FIRST LILIES - The first day lilies of the season are now in full bloom. They indicate that summer will soon be at hand. As time marches on through the foothills a parade of these beauties sporting different colors will lead us through the warm days ahead. We are not alone on our journey.



**2014 06-19, 2428 - PURE GRATITUDE** - The only words I could think of as we stood in the clearing among the beautiful flowering lupine were "pure gratitude". It was a scene I have felt in my mind for some time. Now the thought has come to physical manifestation. Now I'm ready for the next pure gratitude experience.



**2014 06-20, 2429 - NATURE'S NATURAL GARDENS** - Nature has an ability to create beautiful natural gardens such as the spring and summer wildflowers that grow together creating a palate of dazzling colors. In the same way, humans have been created with natural gifts and abilities that, when used, may provide positive colors to life.





**2014 06-21, 2430 - CAN'T GET MUCH SWEETER** - The sweet clover and the last of the lupine create a beautiful scene looking towards the mountains in the west. The clover was planted to nourish the animals and insects while the lupine was planted to nourish the soul.



**2014 06-22, 2431 - ONE WITH NATURE** - Experiencing nature through the eyes of a child says it all. It is the way that I not only want to experience nature, but all aspects of the nature of my life.



**2014 06-23, 2432 - CATCHING THE BREEZE** - We paused at the top on a recent beautiful summer afternoon. I went about taking pictures while my wife sat in the Cat catching the breeze. Today on our fifty-second wedding anniversary I celebrate with gratitude my soul's partner as we journey to fulfil our life purpose.



**2014 06-24, 2433 - FITTING END TO THE LONGEST DAY** - We watched the setting sun on the longest day of the year as it disappeared behind the mountains to the west. We were not disappointed with its incredible show. I watched with gratitude as the light faded. I am grateful for the many moments in life that connect me to the Universe beyond.



2014 06-25, 2434 - A NEW CREATION - Recently we discovered a flower that we had never seen before. It looked like a flower that had somehow grown together with others to create a beautiful rose-like blue blossom. Artistic creativity comes from past experiences combined with new ideas.



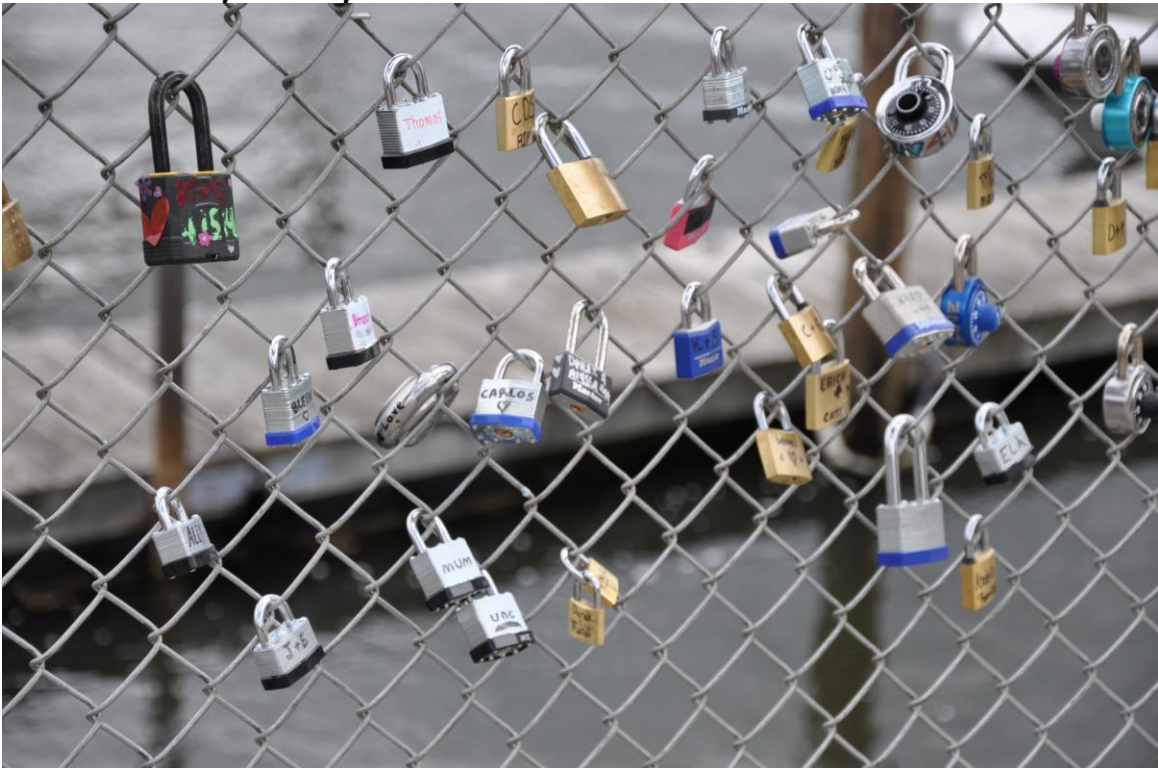
2014 06-26, 2435 - WATER LILIES - The sun shined brightly on the water lily in the little frog pond and my mind drifted back to my childhood where I used to gaze out the back windows onto the bog and drift off into what I now know was some type of trace where nature flowed through my mind.



**2014 06-27, 2436 - DO YOU BELIEVE IN FAIRIES** - The little houses are ready are ready for the fairies to move in. They were built by young and old who came to the recent Fairy Festival. Are fairies real or a figment of our imagination? Does life have more to it than what we see on the surface?



**2014 06-28, 2437 - LOVE LOCKS** - A group of padlocks hung together on the chain link fence near the water at Prescott Park in Portsmouth, NH. I asked the woman working on the landscape what they were for. She answered, "Love locks." Couples would seal their love inside when placing one there and throw away the key.



**2014 06-29, 2438 - HAZY SUMMER EVENING** - The mountains to the west were clearly defined through a thin haze that created the feeling of being in a trance with nature. All was one and the vast oneness was all. I could feel the gratitude build in my heart.



**2014 06-30, 2439 - MOTHER AND CHILD** - I have never seen a fawn deer in the wild. Recently our trail camera captured the images of a mother deer guiding her young along the trail to the orchard. I wonder if this baby is born with a deeper knowing of the cosmos like new human babies are.



**2014 07-01, 2440 - DEW ON A DAISY** - The morning dew left tiny nearly invisible droplets of moisture on the white daisy blossom and yet they were there providing nourishment for the flower. Life is filled with tiny miracles that provide nourishment for the soul.



**2014 07-02, 2441 - FROM BLOSSOM TO FRUIT** - The wild strawberry blooms in a corner of the old orchard covered the ground with white. A few weeks later, hidden under the grass, the tiny red fruit is now ready to taste. Your ideas are all blossoms that will bring the fruits of reality if you remain vigilant and believe.



**2014 07-03, 2442 - WATCHING OVER HER BROOD** - The mother partridge sat on the limb of an apple tree watching over her unseen brood that was eating strawberries in the tall grass. She tried to divert our attention by flying away, and then all of a sudden the air was alive with small birds as she called them to her. I think we are also watched over.



**2014 07-04, 2443 - CELEBRATING THE ROSE FIREWORKS** - The small rose bush at the Center exploded with brilliant red blooms just in time to celebrate the Fourth of July. I can almost imagine the rockets bursting in air at the very sight of it. The rockets of gratitude do fly high in my heart. May you feel the same.



**2014 07-05, 2444 - A VISITOR TO PENNY'S GARDEN** - Penny's garden is a small patch of ground outside her office window surrounded by a small barn, the house, and the woods. It is a place she can visit from the window or she can step out into the fresh air. Animals visit from time to time. It is a place of freedom.



**2014 07-06, 2445 - BEDDING DOWN** - In the tall grass under an apple tree a large animal bedded down for rest. It felt secure enough to take a break from its constant roaming through the woods. It is important for people to have a place in their minds where they can bed down for a moment of mental rest.

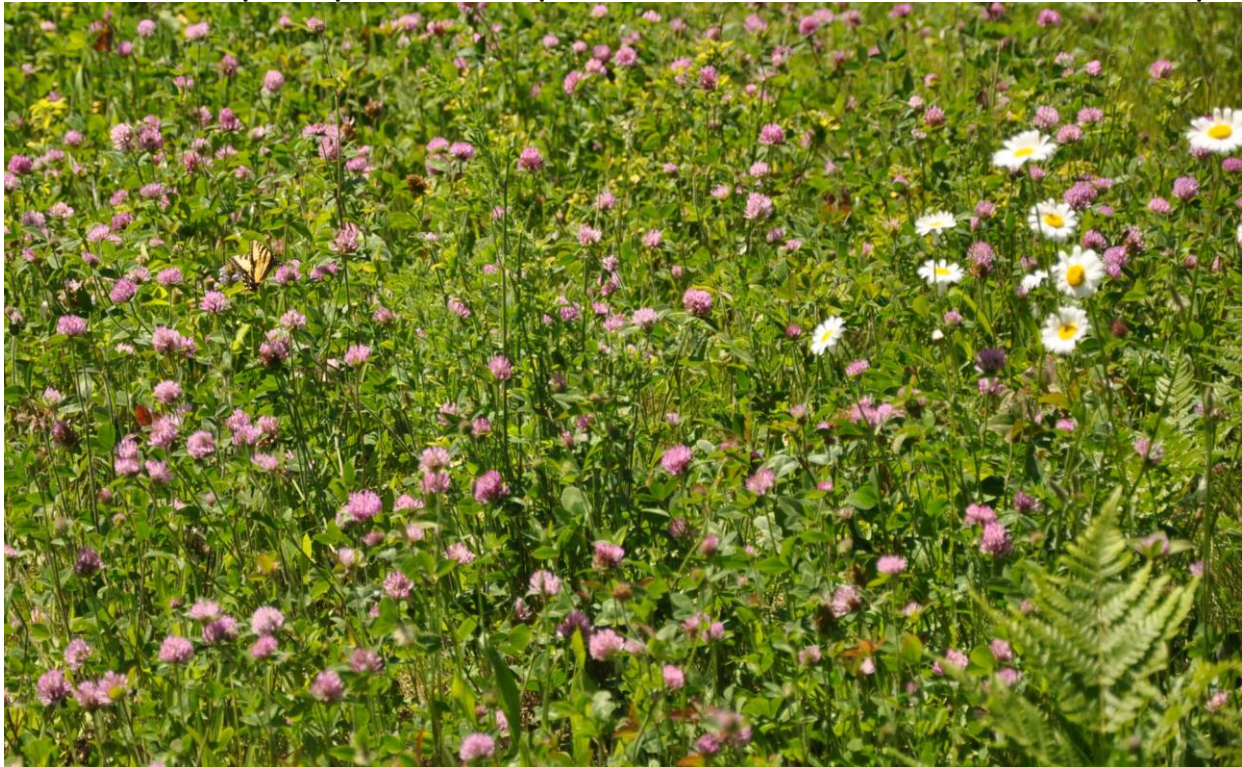




**2014 07-07, 2446 - PROOF OF SUMMER** - Now that the orange day lilies are in blossom, I truly know that summer is here. I know this from my memories of a child as summer then used to seem endless. Now I pause for a moment to be a child again as summer rushes by.



**2014 07-08, 2447 - FIELD OF CLOVER** - The field of lupine has transformed into a field of red clover, grown to provide feed for wild animals, birds and insects as well as spiritual feed for the humans that visit this special place. It is a place where dreams attract manifested reality.



**2014 07-09, 2448 - IN A TANGLE** - The small vines at the edge of the field have grown into a massive tangle. There will be no separating them as summer rolls on. People often find themselves in tangles. Unravelling them takes time and patience. It also takes the willingness to begin.



**2014 07-10, 2449 - LOOKING OUT FROM WITHIN** - Approaching the clearing from Kyle's Trail, a first time visitor is unaware of the vast views of the mountains they will soon encounter until they look out from within the woods. A positive thought in your mind is the same. To experience, step out from within.



**2014 07-11, 2450 - RIPENING FRUIT** - The blueberries are ripening as the summer progresses onwards. Soon these small berries will be ready to enjoy. It takes patience to hand pick these gems of nature and it also takes patience to send out the fruits of positive energy one word at a time. It is worth the effort.



**2014 07-12, 2451 - QUALITY OF LIFE** - There is a special quality of life that happens when one connects with nature. It is a place where the mind is often free to contemplate life itself and what its qualities are and how one connects to them.



2014 07-13, 2452 - MOMENTS OF WONDER - The tiny blossoms of the pink spirea dance in the breeze. I stop and pause in a moment of wonder as I attempt to capture the special moment. When I was younger I would have rushed by chasing life. Now my goal is to move with life as I contemplate its meaning.



2014 07-14, 2453 - TENDER GROWTH - The young maple leaves have a red hue to them, perhaps hinting of what they will look like in the fall. Before they become strong they are very tender and easy to break. Ideas are like that in their early stages. They often are broken in the mind before they can mature.



2014 07-15, 2454 - PEARL CRESCENT - The Pearl Crescent skips from flower to flower in the orchard gathering nectar. These tiny insects in turn provide spiritual energy for the soul of those that take the time to watch, to observe, and to contemplate the totality of existence.



2014 07-16, 2455 - A SPECIAL ROSE - Yesterday the tiny pink rose bloomed for the first time this year. It appeared the summer after my wife's father passed and has flowered each year since. To us it is a sign through nature that there is much more to life than just what we see on the surface.



**2014 07-17, 2456 - TRANSPLANTS** - The hydrangeas that were transplanted to the Center earlier this spring have blossoms on them. They were moved to share their beauty with those that visit the grounds. People transplant themselves, take up roots and share their beauty. Nature and people are coming together here and creating something special.



**2014 07-18, 2457 - STILL BLOOMING** - I was amazed to find that there are still some lupines blooming in the clearing a month late. People can bloom at any age in their life, sometimes long after they have been overlooked by others.



**2014 07-19, 2458 - CONTEMPLATING THE SKY** - The sky looked as if it had been divided into sections. A straight line of milky white clouds appeared to be the edge of a weather front moving through the mountains. Another portion was different. As usual I spent a little time contemplating what I was seeing in the sky.



**2014 07-20, 2459 - PINK AND GRAY** - The pink floral blooms stood out against the gray weathered wood background to create a beautiful color combination. It was like they were meant to be together. People have energies that when combined positively can create a powerful force for the good.



**2014 07-21, 2460 - A SHADED WALK** - The land has changed many times over the years. Just before we purchased it, it was stripped of all its trees, and then over time new growth has become a young forest again where one can take a shaded walk and let their mind drift off into the Cosmos.



**2014 07-22, 2461 - LINGERING SUMMER BEAUTY** - The summer continues to flow onwards towards the fall that as of now still seems to be in the remote distance. It is good to focus on the lingering beauty that surrounds you wherever you are. There are people like that who have an internal beauty that stays with them.





**2014 07-23, 2462 - ONCE UPON A TIME** - Once upon a time someone moved to the mountain and had a dream. They built a home with a foundation and started to clear the land. Then something happened, and all that is left of the dream is an old foundation overgrown with trees. I wonder.



**2014 07-24, 2463 - RAIN CATCHERS** - The small leaf resting on the floor of the woods was filled with rain water from a recent storm. It is an example of how nature and humans alike can catch and hold elements outside of themselves. People do that all the time with others' emotions.



**2014 07-25, 2464 - INSPIRED BY THE CLOUDS** - The sky was filled with clouds of many different sizes and shapes. Together they blended into a rich mosaic for my mind to feast on for a moment and then I returned to my conscious world inspired by the wonder I had experienced as I gazed up into the Cosmos.



**2014 07-26, 2465 - FAIRIES AT WORK** - Deep in the woods at the base of a tree I found where fairies had been at work. They had planted red mushroom trees and assembled building materials to construct their home. For a moment my mind played with them as the child in me discovered the magic of life again.



**2014 07-27, 2466 - BLUEBERRY THIEVES** - I caught some blueberry thieves red-handed the other morning. Wild turkeys were the culprits. I rushed to the garden to pick what was left, and with gratitude today we will enjoy blueberry pancakes and maple syrup harvested this spring from our maple trees.



**2014 07-28, 2467 - A LONE PINE** - Looking towards the distant mountains, a lone pine tree breaks the horizon line, standing proud and tall above the other trees around it. It is a seed tree that was left by loggers a few years ago to cast its pine cones, carrying seeds to start another generation. It has a purpose, just as you do.



2014 07-29, 2468 - MORNING MIST - The morning dawned with a heavy mist in the air. Life stood still. It was a time to reflect as I peered out into the darkened woods. Gratitude filled my heart for this opportunity to spend some time in my mind with the Universe.



2014 07-30, 2469 - UNDER THE LEAVES - Sometimes the best tastiest wild raspberries are hidden under their leaves, out of sight from plane view. With a little patience and effort they can be found and harvested. Sometimes a person's best abilities are hidden out of sight and can be missed by others.



2014 07-31, 2470 - DOUBLE THE PLEASURE - The double orange day lily is a beautiful flower that provides double the pleasure of a plain old single one. Feeling and thinking love and gratitude in your heart, more than doubles what your brain produces. Those can double the pleasure when the reality of your positive actions materializes.



**2014 08-01, 2471 - CAN YOU SEE THE SPIRIT OF THE WOLF? - I could see two eyes looking at me from within the small rock at the edge of Penny's Garden. I could make out the end of a snout as the image of a wolf emerged from within. To me it was a sign. I am not alone. Then I wondered if others could see the same or was it just me?**



**2014 08-02, 2472 - INSPIRED AGAIN - The reason I began doing podcasts some seven years ago was because of the inspiration I felt when I walked the land here in the foothills of the mountains. The reason I continue to do podcasts is because of the inspiration I feel every day to consider life through nature.**



**2014 08-03, 2473 - LIVING COLOR** - Life is full of color. It may one color with many different shades or many colors blended together. Yet at the same time, there is so much to see once the colors have faded in the fall. Black and white can bring out a whole different perspective to life. The goal is to experience both.



**2014 08-04, 2474 - MUSHROOM GOBLET** - My mind stepped into my imaginary world when I spied a mushroom goblet filled with rainwater champagne waiting for the woodland spirits to drink deep after dancing a midsummer night away. Everywhere I look I can see the magic. I am a child of the Cosmos again.



2014 08-05, 2475 - A FULL POT - The old bean pot has served as a planter to grow summer flowers for many years, but this is the year that it has never held so many beautiful impatiens. Perhaps it is nature's growing conditions or the compost and fertilizer I have added to the soil. Growing flowers is like developing our talents.



2014 08-06, 2476 - CONTEMPLATING THE SUNSET - Love of nature often starts at an early age. For me it is my earliest most cherished memories. Recently my daughter took a photo of her ten-year-old daughter sitting alone on a float in the lake contemplating the sunset. She can now visit this place in her mind the rest of her life.





**2014 08-07, 2477 - NATURE FLEXING HER MUSCLES** - The other day I saw Nature flexing its muscles in the clouds. I knew this imposing figure was actually there to offer hugs of support and keep us from going where we shouldn't be going and on the right track for our soul's journey.



**2014 08-08, 2478 - SPECIAL SIGNS** - We place special signs in special places at the Center and on the trails to honor special people in our lives. Then again, we all get signs throughout our lives from those that have passed on who wish to continue to show their love.



2014 08-09, 2479 - NIGHT VIEWS - The game camera gives us views of nightlife in the woods that we would not normally see. It is proof that animals move around under the cover of darkness unseen by most people. We all have spirit energies that move around in our lives, remaining mostly unseen, yet they are there.



2014 08-10, 2480 - SUMMER JOYS - It is a beautiful summer here in the mountains. The foliage is lush and the flowers are in full bloom. Yet we can get caught in life and forget to experience the joy that is all around us. It is my intention to pause often and with gratitude to experience the joys of summer before fall comes.



**2014 08-11, 2481 - AUGUST MOON** - The August moon was closer to the earth of any full moon of the year. It appeared to float over the lake, shining down its gentle magical glow. I wondered how we fitted as a tiny spec of the Cosmos, and I realized we are the Cosmos too.



**2014 08-12, 2482 - A GOLDEN BANQUET** - A bee feasted on a banquet of goldenrod nectar in the mid-afternoon sun on a mid-summer day. My mind soared with the bee, traveling through time and space. I felt like a tiny spec of the great whole and yet I knew the wholeness was within me.



**2014 08-13, 2483 - INTO THE VOID** - When mist and fog are in the air, it looks as if a hiker approaching the clearing at the top of the mountain will step out into a great void of nothingness. That void is present regardless of the weather. It is also in your mind, a place within to expand out into the Universe.



**2014 08-14, 2484 - ADDING SOME SHINE** - My eyes caught a glimmer of brightness on a dark and cloudy morning as I walked up the mountain. It was a branch of wet leaves shining on the edge of the trail. I was reminded that the rain is responsible for the shine just as we are polished by our belief as we walk the trail of life.



**2014 08-15, 2485 - BARELY VISIBLE** - The old dead pine was barely visible, shrouded by the mist and the fog covering the valley. My mind thought of people who live their lives barely visible to others around them. Perhaps you feel that way about yourself. The old tree is an important part of the landscape and so are you.



**2014 08-16, 2486 - A COMPLEX WEB** - The spider's web made visible by the morning dew looked so complex to my eyes. I'm sure the spider was just doing what came natural to it. Life is like that. Sometimes it seems very complex until the simplicity comes through.



**2014 08-17, 2487 - A SPECIAL GIFT FROM NATURE** - The pinkish-lavender daylily growing in a part of the old garden was different than any other lily that I had planted. I had never seen it before and wondered how it got there. I wondered what spirit was responsible for its beauty. I am very grateful for this gift.



**2014 08-18, 2488 - MIND OVER MATTER** - A small group of people focused together to bring their energy levels up by dancing to energetic music. Next they chose a stainless steel spoon and focused on changing the metal to become bendable. One by one they succeeded. We have so much untapped potential in our minds.



**2014 08-19, 2489 - AN OLD STUMP WITH NEW GROWTH** - The old stump had almost given way to the new growth that was slowly overtaking it. I wondered for a moment how an older generation of people can help a younger one grow and flourish. The young want to discard the old and yet the old need to find a way for the young to relate.



**2014 08-20, 2490 - SUNFLOWER ARMY** - The sunflower army stood proud and tall guarding the landscape on a summer afternoon. Each stock stood silently in formation as if they were a mass of people ready to spread gratitude, joy and love across the earth. We are such an army.



**2014 08-21, 2491 - LION IN THE SKY** - I watched the cloud lion come out of its den as the sun set in the west. For a few brief moments it stood guard like an ancient Sphinx and I could feel the power of the Cosmos watching over me. Then the sky changed again, but the feeling stayed.



**2014 08-22, 2492 - A QUIET RESTING PLACE** - The family cottage on the lake in Maine can be the center for activity and it can also be a quiet resting place when one is alone with their thoughts. Having such a spot in your mind provides the opportunity for an instant getaway that is only a breath away.





**2014 08-23, 2493 - YANKEE INGENUITY: MOOSH MALLOWS** - Too often in life people forget to include joy. It is important to view our daily adventure from many different perspectives. A challenge provides many opportunities. So it was that moosh mallows were invented with ingenuity and fun, resulting in a special treat.



**2014 08-24, 2494 - GOLDEN ROD BOUQUET** - The golden rod formed a beautiful bouquet in the sunshine of a late summer afternoon. As I contemplated the moment, I was reminded that we are all bouquets of spiritual energy and when we pause and feel love in our hearts, our bouquets are changing the energy of the world.



2014 08-25, 2495 - A PLACE TO CONTEMPLATE - Over 150 years ago stone cutters quarried the mountainside and left a wonderful spot along Kyle's Trail to pause and contemplate the world. Every time I go that way I wonder who has walked and worked this land in the past. It is good to contemplate the mysteries of life.



2014 08-26, 2496 - SPELLBOUND - We were spellbound watching the small fire dance in the new fire pit for the first time. There is something about a camp fire that is spellbinding. When we watch and dance through life with joy and gratitude it can also be spellbinding for us and others.



**2014 08-27, 2497 - A YOUNG LOON** - As I watched the immature loon swim by the shoreline I thought back to how many people have worked for years to help save this magnificent bird from extinction. When environments change, the old ways are often threatened. The challenge is to blend the future and the past in peace and harmony.



**2014 08-28, 2498 - A VIEW FROM THE BENCH** - On the hottest day of the summer in late August I sat on the bench looking out at the world below and the world above and felt the winds of change. It would soon be autumn. But I felt something else going on. There is a stirring in the Cosmos.



**2014 08-29, 2499 - ANTICIPATING CHANGE** - The leaves are beginning to change. Green maple leaves are slowly being taken over by the reds of fall. The winds in the mountains whisper change. The Cosmos is creating restlessness among humans. People seem to be positioning themselves throughout the land as beacons of positive light.



**2014 08-30, 2500 - CONNECTING WITH NATURE 2500 TIMES** - How many blades of grass in a field? How many trees in a forest? How many drops of water in a lake? There is so much to connect with in nature that after 2500 times I'm only just beginning.



2014 08-31, 2501 - INDIVIDUALITY - The small garden of phlox is in full bloom and together creates a beautiful natural bouquet in the landscape; yet each flower is different, adding character to the mix. People add something called an ego to their individuality. Groups of humans only succeed when this blend comes together like a flower garden.



2014 09-01, 2502 - TWIN SOUL SEAPLANES - Recently my wife had a chance to fly in a seaplane manufactured in 1948. Turns out that it was the same model and year of the plane her grandfather owned and with whom she used to fly as a young girl. That plane still exists and is in New Hampshire. The question is, "Is this more than just a coincidence?"



2014 09-02, 2503 - ANCIENT FLYING MACHINES - I marveled at the dragonfly perched outside my window. I could see the transparency of its delicate wings and the uniqueness of its form. It was an ancient flying machine and then I remembered. We all are. We used to soar throughout the Cosmos, and still can in our minds.



2014 09-03, 2504 - BEAUTY IN EVERY SEASON - The evening setting sun shone its spotlight on a spot in the clearing and created a rich mosaic of color with the plants that had gone past their prime. The moment was living proof that there is beauty in every season.



2014 09-04, 2505 - GOLDEN BUTTONS - The tiny round yellow flowers looked like golden buttons suspended in air. I knew that I was standing in the midst of great wealth, the wealth of nature.



**2014 09-05, 2506 - OPEN-CLOSED** - The wildflowers growing at the edge of the field could be observed both in an open and closed form. They provide a wonderful example of how people hold their gifts inside and yet there are others that still know and encourage them to take the risk of opening for all to benefit.



**2014 09-06, 2507 - SHADINGS** - The field was bathed in both sunlight and shadows creating a beautiful natural painting for the eyes. In life the greatest depth perception comes from living it in all its shades.





2014 09-07, 2508 - MAGICAL WEB - The web in the early morning light sparkled magically as the sun shone through the dew that had accumulated on the intricate design. I thought of the world we live in now connected by a worldwide internet web and I remembered we used to do the same through thought.



2014 09-08, 2509 - HEART SIGNS ARE EVERYWHERE - When I find a heart-shaped nacho chip in a basket at our favorite Mexican restaurant, see one in a coffee ring on the counter or find one in nature, I have to ask, "Is this my imagination or is it true that heart signs are everywhere?" I am grateful.



**2014 09-09, 2510 - SHAPING NATURE** - Virtually everything created by man has a component of nature in it, from turning sand into glass or turning wood into bowls or changing the landscape around us. Then I realized that man, including me, has actually been shaped by nature.



**2014 09-10, 2511 - A QUIET SPOT** - We happened upon a quiet spot along a riverbank as we explored the back roads of a neighboring state. I could imagine lingering there a while and journeying into the Cosmos through my mind. We all have a quiet spot within help us connect to the vast Universe beyond.



**2014 09-11, 2512 - MONUMENT TO THE PAST AND FUTURE** - The boulder stands silently on the edge of the trail, cut in half nearly a couple of hundred years ago by settlers searching for granite slabs for foundations and walls. It is a monument to the history of the land as well as its future. It is a place to reflect and dream.



**2014 09-12, 2513 - THROUGH THE TUNNEL** - The entrance to the Path of Life Sculpture Garden in Windsor, Vermont, is a tunnel under a railroad track. On the other side we found an expansive fourteen acre exhibition of the stages of life. It reminded me of the journey of our soul. There is a vast expansion into the cosmos through the tunnel in our mind.



**2014 09-13, 2514 - SOMETHING'S MISSING** - The woodpecker waited on the side of the empty suet feeder for more food. There was food in the woods nearby but it wanted something more. People are often unhappy with what they have in life. They want more but are not sure what. Possibly they are missing a sense of purpose.



**2014 09-14, 2515 - GLOWING IN THE SUN** - As the last few days of summer approach, a late afternoon walk provides the opportunity to observe nature in a warm sunlight. The grasses, now gone to seed, glow in the sun. It is a reminder that there is always a glowing in my mind, no matter what the weather.



**2014 09-15, 2516 - WAITING AT THE DOOR** - I found a solitary leaf waiting on the doorstep. I knew soon there would be many more waiting to enter with a gust of fall wind. I wondered, "What if the leaves were symbols of acts of kindness? Would the earth become inundated with positive energy?"



**2014 09-16, 2517 - ANTICIPATION** - The almost ripe apple caused my mouth to water in anticipation of a soon to be apple crisp or apple pie. It gave me something to look forward to. Then again someone else might anticipate the coming winter when they see an apple. We have choices.



**2014 09-17, 2518 - LEAF ART** - A silhouette caught my eye as it hung from a maple tree close to the house. I could see more than one shape in this object suspended in air. I know it is a leaf and I wonder what forces or beings turned it into a work of art. Then again, part of the art of life is seeing the art in nature.



**2014 09-18, 2519 - COOLER NIGHTS** - I could see the fog rising from the valley below after a night when the air temperature is cooler than the temperature of the water in the lakes and streams below. It is the signal that a killer frost is not far away. Time to harvest and prepare for the adventures of the season ahead.



**2014 09-19, 2520 - WHILE ON A WALK** - While on a walk my eyes experience a feast of rich colors, smells and sounds. The feelings of gratitude last long after I have returned from the mountain. Then again, one does not need to walk a mountain to experience gratitude.



**2014 09-20, 2521 - IN DEPTH STUDY** - As I looked to the west I could see the peaks and valleys of the mountains as if I could almost reach out and touch them. Sometimes life is like that, creating a three-dimensional world and at other times everything just blends together with no depth. How do you study it?



2014 09-21, 2522 - HEMLOCK MAZE - The hemlock maze stretched out in front of us, a long green corridor with what seemed at that moment as having no beginning or end. It was easy to become lost and confused. Sounds like experiences many have in life. Still, somehow we made it to the center and back out again.



2014 09-22, 2523 - FALL GREETINGS - Fall greeted me this morning with changes in the air. It won't be long before the valley and mountains will be ablaze with color. Fall signals changes in many ways, including new adventures and growth for our soul's journey.





**2014 09-23, 2524 - FOLLOWING THE TRAIL** - The trail followed along the edge of the clearing, bathed in warm sunlight in the late afternoon. Beyond it was darkness, the entrance to places unknown. Yet when one follows the trail they realize that they have the ability to see where it seemed impossible.



**2014 09-24, 2525 - A CHALLENGING ASSIGNMENT** - My wife and I were challenged to move the small boulders left when the land was quarried into an orderly formation. As a world we have a very important challenging assignment. How can we collectively use our minds to create peace through a mindful thought focus? Ideas welcome.



2014 09-25, 2526 - AWARENESS - As I stood at the top of the clearing my awareness seemed to span several different dimensions. I was aware of the earth, the scenery around me, and also something else that merged with my being from deep in the Cosmos. I was aware of how positive thoughts can affect the peoples of the earth.



2014 09-26, 2527 - A VIEW THROUGH THE LEAVES - The old stone posts guarding what is left of one of the openings to cemetery stood silent as I viewed them through the red leaves of the small maple. In the beauty of the fall I was aware of what was right in front of me and what I saw a distance away.



**2014 09-27, 2528 - SPREADING JOY** - Day by day one can see the magic of fall colors spreading across the land. The change is taking place leaf by leaf. It is a joyful time of year. Imagine if each person embraced life with love and joy how it would change the view of the world.



**2014 09-28, 2529 - CONNECTING TO THE LAND** - When a friend who is a healer visited the mountain for the first time, she pointed out the special energy spots that others had shown me before. To me this is an affirmation that what I know in my mind is real. There is so much more to life that we have yet to discover.



**2014 09-29, 2530 - SILENT APPRECIATION** - I stood in silence looking out at fall's artistic decoration of the landscape in front of me with wonder and appreciation. My heart was filled with the music of the Universe. Refreshed and renewed I turned and with gratitude joined the rest of the world.



**2014 09-30, 2531 - WELL HIDDEN** - The small frog was well hidden in plain sight as it crouched silently on the forest floor. It blended in with its surroundings unnoticed until it caught my attention. There are many things, including people that we pass by all the time, that are well hidden in plain sight unless we take the time to notice.



**2014 10-01, 2532 - THE LAST BLOOMS** - The stonecrops hold their blooms about as long as any other plant as the fall season marches on into November. Soon the ground will feel the crispness of the morning frost on the leaves. The first flakes of snow appear. The last blooms are just the beginning.



**2014 10-02, 2533 - BURSTING WITH COLOR** - The fall landscape is bursting with color, and the old maple tree is a wonderful example. Most people take the time in the fall to see life differently than they do the rest of the year and yet there is always something bursting with color if we just take the time to look.



**2014 10-03, 2534 - OUTLINED BY FALL** - The view from the top of the mountain is outlined by fall. Everywhere one looks beauty abounds. Time and time again I remind myself how grateful I am to feel a connection to the land. We are all connected to nature no matter what the season.



**2014 10-04, 2535 - THIS SEAT IS FOR YOU** - There is a seat in nature waiting for you to stop and spend a moment or two contemplating life and connecting to the scene you are observing. Even if you can't physically get to it, you can enjoy it in your mind.



**2014 10-05, 2536 - ON A WALK** - While on a walk, my minds drifts like the leaves floating in the fall winds. I observe what is around me and then go with how it fits into my life. Nature is a great reminder. In many ways it is a window into which we can see ourselves looking from the other side.



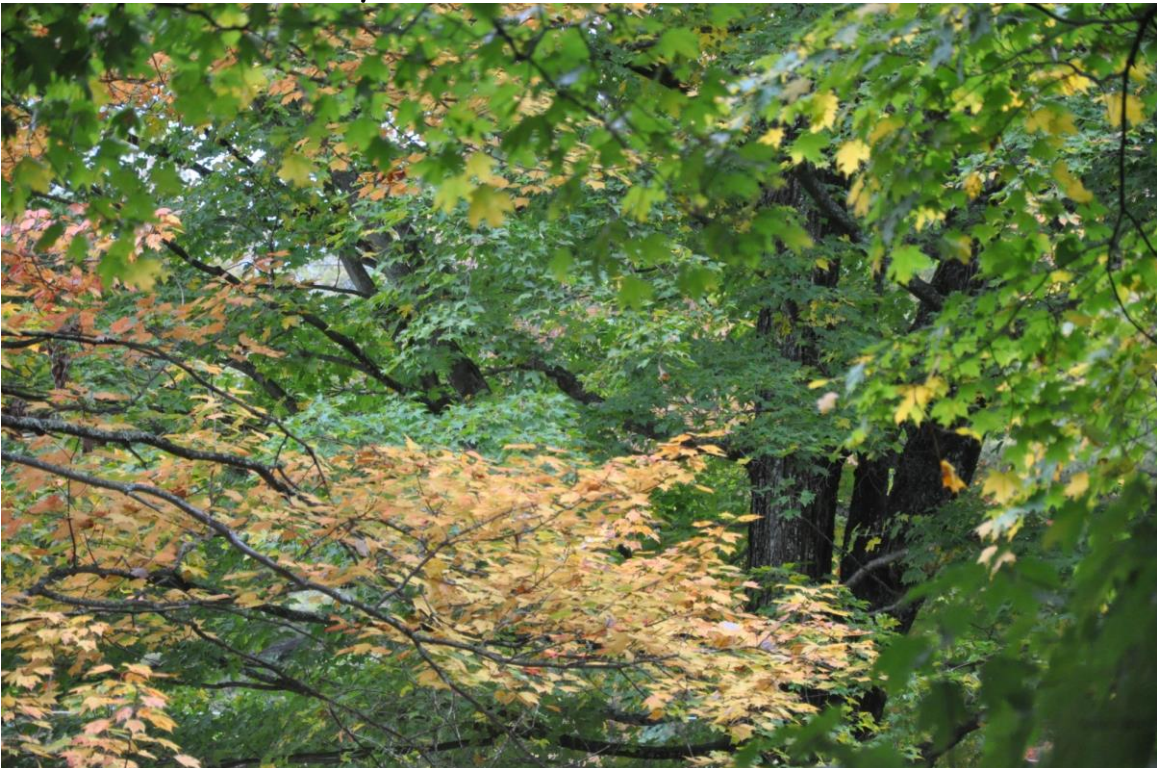
**2014 10-06, 2537 - BLUEBERRY LEAVES IN THE FALL** - The blueberry leaves are turning a deep shade of red. It is one of the rituals of fall that I most enjoy. I remember how wonderful the berries tasted in the summer as I raced to get to them before the birds did, and before that I remember the tiny white blossoms and how the branches looked standing naked in the winter.



2014 10-07, 2538 - NATURE'S BREW PUB- Nature has its own brew pub in full operation during the fall season. The miniature pears lying on the ground are in the process of fermentation. I can only imagine the happy animals that visit and feast away the night. Then again, nature itself is very intoxicating.



2014 10-08, 2539 - THE VIEW OUTSIDE - The view outside our windows is constantly changing. From here we can observe the world of nature. Still, if we never ventured out into nature, we would never know what it was really like.





**2014 10-09, 2540 - TURNING RED** - The berries on the bush planted years ago by the birds have turned red. They are a beautiful contrast and compliment to the shiny green leaves that will soon fall off, leaving the berries to face the snow and ice of winter alone. It is a beautiful transition.



**2014 10-10, 2541 - LITTLE TREATS** - The tiny crab apples are bright red this time of year. They will soon be little treats for the bird population that visits our little orchard. The red colors also provide a visual treat for all those that pass nearby. There are so many treats for the soul this time of year.



**2014 10-11, 2542 - CAN'T GET ENOUGH** - One cannot get enough of the beautiful fall foliage that surrounds us here in the mountains of New Hampshire. Every day brings new and unique surprises. Actually this is the way I feel about nature all year round. I can't get enough.



**2014 10-12, 2543 - ALL DRIED UP** - The little seasonal brook that cascades down the mountainside is all dried up. Not a drop of water flows. Sooner or later it will rain again and with the rain comes the return of the water. Sometimes our ideas dry up and we wonder if we will ever have the flow again. The drought will come to an end.



**2014 10-13, 2544 - LOOKING DOWN THE WALL** - The old stone wall, part of it now used as the lower façade for the house, acts as a barometer for the change of seasons. In the summer, annuals bloom in the large cast iron pot. In the fall leaves collect in its corners, and in the winter snow blankets the surface until the melting of spring.



**2014 10-14, 2545 - ALL BEDDED DOWN** - The clearing has been cut and the lupine seeds scattered by the mower and the wind. It is time to prepare to rest in the peace of a snow covered winter until the growth that is maturing under the snows is ready to burst forth welcoming spring.



**2014 10-15, 2546 - ENJOYING THE GRADUAL CHANGES** - Fall is progressing slowly here on the land. We still have colorful leaves where other places are now barren. Changes are taking place in people as we move into a time where the light energy brings knowings that can appear suddenly. Why not enjoy the changes at a pace that is right for you.



**2014 10-16, 2547 - STUDYING LEAVES** - I often study leaves when I walk in nature. I am drawn to their shapes, colors, and even how they hang on the trees. This is also the way I study people... by their words, shapes, and movements. Everything in my life is my teacher.



**2014 10-17, 2548 - COLOR ON A CLOUDY DAY** - Sometimes it takes a cloudy wet day to bring out the colors of autumn. Under the gray overcast the leaves become more brilliant. When life seems cloudy and gray, there is usually something that will stand out to offer hope and beauty.



**2014 10-18, 2549 - SPECIAL AFTERNOON** - I spent a special afternoon under a beautiful sky, surrounded with the beauty of autumn. The winds were warmer than usual for this time of year with no hint of the cold soon to be here. My heart sang a song of gratitude.



**2014 10-19, 2550 - AUTUMN BLENDS** - The blends of colors in the autumn are different than any other time of year. The earth, the trees, and the sky come alive. Life is full of blends, no matter what the season.



**2014 10-20, 2551 - FALL'S NATURAL CARPET** - The leaves form a natural carpet on the forest floor. Sometimes they crunch under my feet, but, sometimes, when they are wet, I can glide silently over the ground as if I was almost invisible. In life it takes many thoughts to cover the vast expanse of our minds.



**2014 10-21, 2552 - STAIRWAY TO THE COSMOS** - Recently I discovered a stairway leading to the Cosmos. I knew that I could walk up the clouds to unlock the secrets that lay beyond the earth's plane. My mind soared for a moment before it returned to earth refreshed and invigorated for the next segment in my journey.



**2014 10-22, 2553 - UNDER THE CLOUDS** - As I stood under the vast sea of fascinating clouds above me and felt the earth below my feet, I took a breath of the chilly fall mountain air and for a brief moment was one with all, my heart filled with love and gratitude. I wonder. What if we all felt that at the same time?



**2014 10-23, 2554 - AN APPLE A DAY** - "An apple a day keeps the doctor away." I wonder if it is the apple or the habit each day that one tells themselves that they are healthy, or perhaps a combination of the two, that promotes the results. Thoughts are powerful. Are you aware of your everyday thoughts?



**2014 10-24, 2555 - BANDS OF RAIN** - Bands of rain generated by the passing nor'easter rumbling up the coast swept over the land, saturating the soil with nourishment for the coming winter. The storm also gave my mind the opportunity to spend an introspective day considering the adventures of my soul.





**2014 10-25, 2556 - GIFTS OF THE PRESENT MOMENT** - The beautiful mountain landscapes of New Hampshire have inspired poets, painters and philosophers for centuries. On a recent visit, Dr. Cote Cullaton was inspired to pen words that reflect those wisdoms.



**2014 10-26, 2557 - WHEN THE COLOR FADES** - After the big show of brilliant fall colors those that remain in the valley have an opportunity to observe life in a different way. Looking into the landscape that has been hidden all summer reveals much to observe and contemplate.



**2014 10-27, 2558 - SUNSET DRAMATICS** - The evening play had already begun when I took my seat in nature's theater. I watched the sun's light continue to command center stage even after it had slipped behind the mountains. Soon it was over and night began to overtake the earth. A moment in time.



**2014 10-28, 2559 - WINTER'S ICY HAND** - I felt the chill of the wind blowing from the direction of the mountains as I approached the clearing. Then, as I stepped out into the opening, I could see Winter's icy hand gripping the top of Mount Washington. Changes are in the air.



**2014 10-29, 2560 - EMERALD STAIRS** - Emerald stairs ascend to a small clearing on a flat, quartz filled granite spot where fairies dance and giant oaks look down in silent admiration. It is a place where healers heal and magic happens. I believe you can ascend to such a place in your mind.



**2014 10-30, 2561 - A LATE FALL TREAT** - My eyes caught the color of pink at the edge of the driveway. Even though the growing season is over there is a clump of small pink flowers that still survives. It is a late fall treat for my eyes. No matter what the season nature provides special little treats for us to reflect on.



**2014 10-31, 2562 - SCARY HAIRY VINE -** Walking along a trail beside the Delaware River in Pennsylvania, I encountered something I had never seen in nature before. It was a big scary hairy vine wrapped around a tree, and it reminded me of a giant snake. I looked closer and my fear went away.



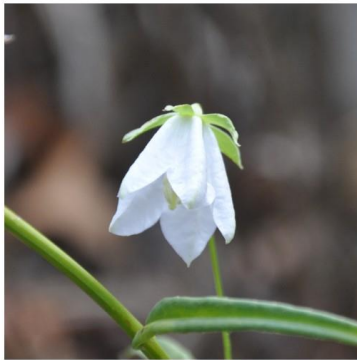
**2014 11-01, 2563 - INVASIVE BARBERRIES** - The invasive barberry plant seems to have no natural enemies. Deer do not like to browse on them because of their sharp barbs. They can take over an area and choke other plant life. Invasive worry thoughts can do the same to us. Fortunately, we have the power of positivity on our side.



**2014 11-02, 2564 - PEEKING OUT** - Small mushrooms peeked out from the crack in the hollow log checking to see if it was warm enough to come out and play. The winter wind was blowing, and they soon retreated. When we peek out from within, we can make adjustments to whatever conditions we find.



**2014 11-03, 2565 - LAST OF THE SEASON BLOOMS** - I admired the last-of-the-season blooms still sharing their beauty just before the wintry winds took control of the mountainside. My heart is full of gratitude and I am reminded that no matter what the season there is still so much to appreciate.



**2014 11-04, 2566 - NOW THAT THE LEAVES HAVE GONE** - Now that the leaves are gone the beautiful sunsets and sunrises have returned to the large picture window which I sit in front of every day. It provides a different view of life and I apply the lessons I learn on a daily basis. There is always a different view waiting your consideration.



**2014 11-05, 2567 - SILENCE OF A CLOUDY FALL DAY** - The sky was cloudy and the leaves were soft under my feet as I glided silently along the trail leading to the clearing. Inside of my mind, the pathway was opened to the vast Cosmos lying just within my reach.



**2014 11-06, 2568 - CONE TREATS** - The pine cones littering the forest floor have been decorated by nature. Each one adorned with white pitch frosting makes them look good enough to take a bite of. I'll let the squirrels do that while I share them with others that walk the woods in person or in their minds.



**2014 11-07, 2569 - HEART IN THE LEAVES** - As I walked the leaf-covered trail in a spot where the wind had cleared them away, a stone heart stared up at me. I paused, felt gratitude and love in my own heart, and knew that as I released the intention of love to the Universe it could very well reach another soul in need.



**2014 11-08, 2570 - LOOKING DOWN ON SILVER LAKE** - From the ledge at the end of the ridge one can look down towards the small town and the lake beyond for which the village was named. From this bird's eye view I can pause a moment and let my mind drift into the past or future and be one with them all.





**2014 11-09, 2571 - TWO WEEKS** - There is an old wives' tale that says when the summit of Mt. Chocorua has snow, the valley below will have lasting snow in two weeks. One thing is sure: it will be winter soon. The question is, how do we really measure time?



**2014 11-10, 2572 - LOOKING UP AT THE MOUNTAIN** - Sometimes I take a moment or two when I'm in the village to pause by the town sand piles and elementary school athletic fields to gaze up at the mountain with awe and appreciation that I have a chance to walk its trails and experience its energy. One of my greatest joys is sharing my feelings.



**2014 11-11, 2573 - SHARING THE LAND** - We love to meet people walking the land. Many of them bring their pets on their hike. I couldn't resist taking a picture of one very small dog peeking out from behind its human mother's leg. Each person and animal that visits then shares the spirit of the land wherever they go.



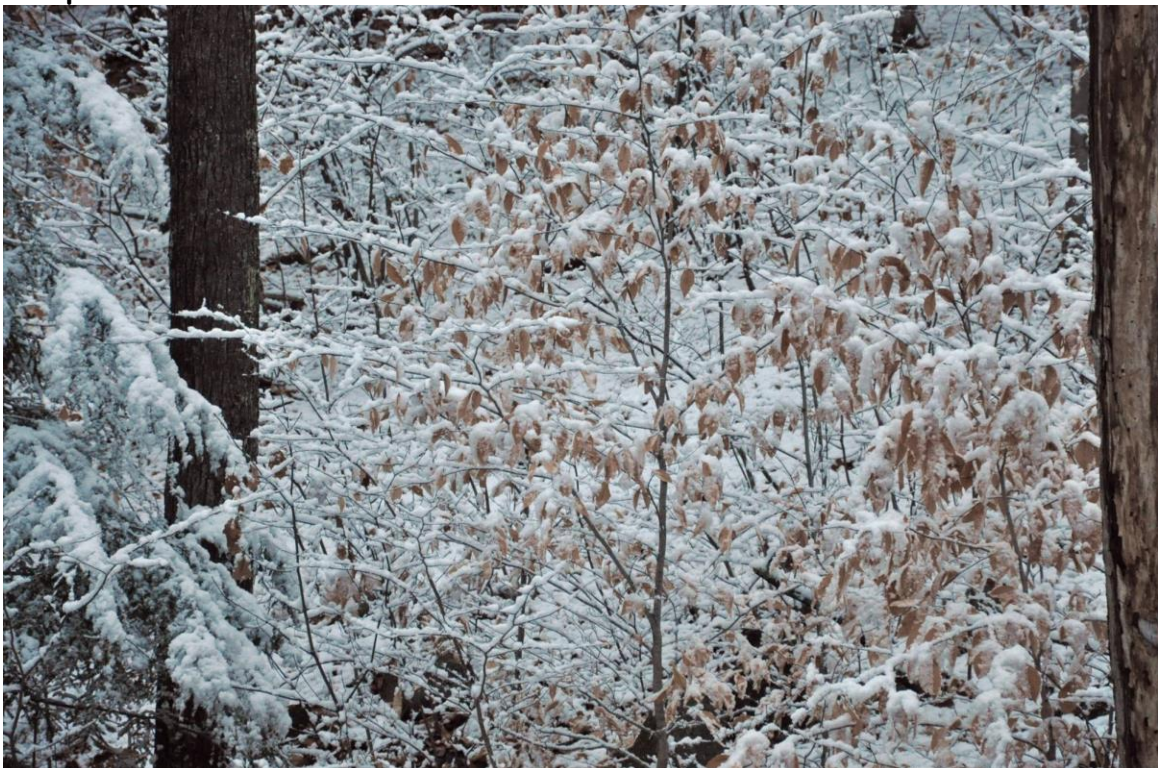
**2014 11-12, 2574 - LATE AUTUMN SUNSETS** - A ray of red caught my eye from the edge of the window. I raced to get the camera and find the best vantage point to photograph the spectacle in the sky. I discovered again for the first time the precious moments of a late autumn sunset.



**2014 11-13, 2575 - AN INTIMATE EMBRACE** - The two trees were locked together like twin souls in an intimate embrace, traveling the Cosmos, one and separate at the same time. People can feel the same connection to someone else as they journey their soul's path.



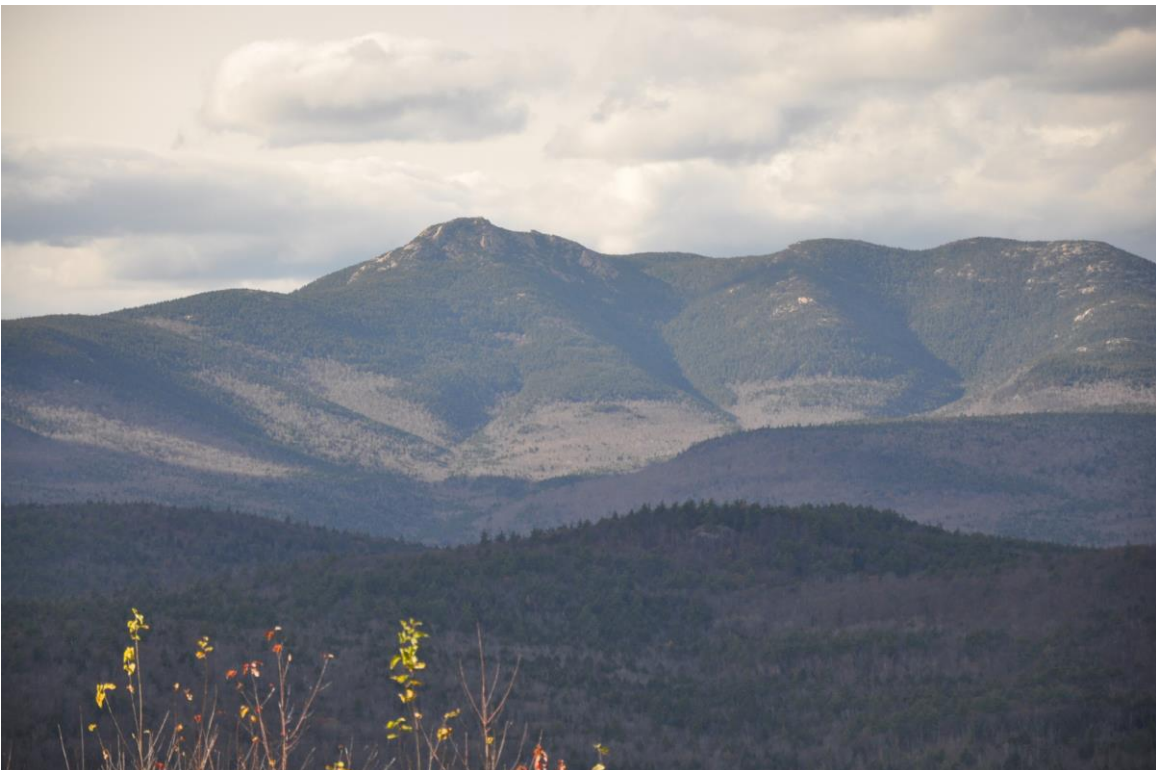
**2014 11-14, 2576 - PREDICTING THE FUTURE** - The weather forecaster's prediction of snow became true overnight. Thus the "Old Wives' tale" of "snow on the mountain, snow in the valley in two weeks" was also proved to be true again. It's good to be prepared for the future realizing that it is the potential of the moment.



**2014 11-15, 2577 - WOOD ANTLERS** - Nature left me a gift recently. It was a set of wood antlers I found waiting in the parking area at the edge of the trails. My heart sang as I knew I was in the middle of an animal safety zone, a place that was safe for humans and animals alike.



**2014 11-16, 2578 - A TOUCH OF YELLOW** - On a gray cloudy day a splash of yellow caught my eye as I gazed across the valley below. It was a few leaves still hanging on some small trees. They had been there all summer, but today was the time for me to notice them. There is a lot to notice around us.



**2014 11-17, 2579 - AND SO IT BEGINS AGAIN** - Winter has come to the valley. Some people have been waiting with wondrous anticipation for the magic of the white stuff to appear. Others have been dreading it. Life begins again every moment with something magical to find if we choose to find it.



**2014 11-18, 2580 - CLEARING THE VIEW** - A few years ago we had a small clearing beside the view where blueberries were encouraged to grow. With lack of maintenance the forest took control again blocking out both the view and the blueberries. It was time to clear the view again. You can do the same in your mind.



2014 11-19, 2581 - MASK ON A BIRCH - The piece of birch tree resting on the floor of the woods appeared to have a hockey goalie resting on its surface. Perhaps it was left there by a little fairy that wanted to hide from the others. People wear masks to hide a part of themselves from others. Often they are trying to hide a special ability.



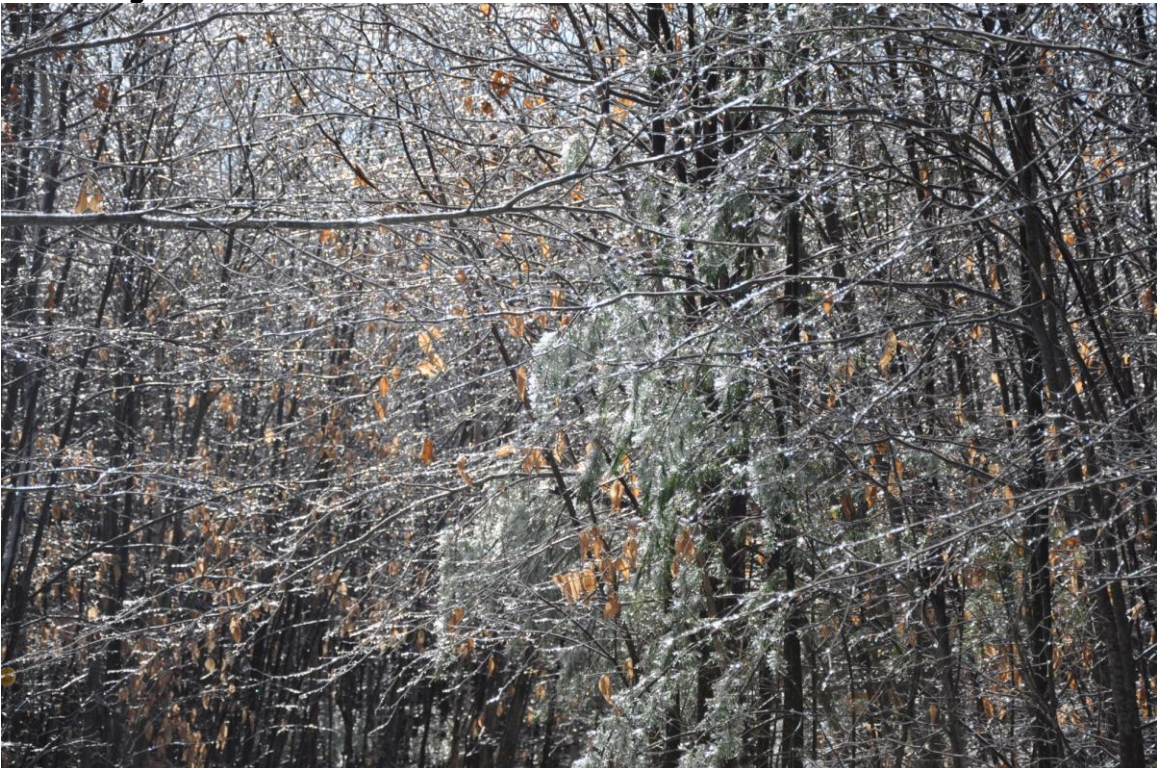
2014 11-20, 2582 - WINTER PASTELS - This is the time of year that many people have trouble seeing the positive in life. Winter is almost at hand and the days are short and gray and yet there is so much to see and experience that is filled with hope such as the beautiful pastel landscape.



**2014 11-21, 2583 - FROZEN FRUIT** - The tiny fruit on the crabapple tree are frozen solid and appear as tiny ice covered orbs dancing in the air. They ferment on the vine and birds will get tipsy eating them. There is a story in this little tree waiting to be told as it observes life around it. You are a story waiting to be told.



**2014 11-22, 2584 - A MAGICAL WORLD** - Walking along the trail that exited the old orchard I found myself entering a magical world. There were ice crystals and diamonds everywhere I looked. The sunshine through the tree branches created such a beautiful scene it almost took my breath away. This is a magical world.



**2014 11-23, 2585 - WINTER PERCH** - The snow covered bench perched on the top of a small ledge in a quite spot in the woods waits silently for passersby to stop and ponder life. Just knowing it is there waiting inspires me to ponder life as if I was there, deep within my mind.



**2014 11-24, 2586 - STANDING OUT** - On a cloudy day in late November the snow-covered peak of Mount Washington stood out in the distance under a spotlight shined down on it by the Cosmos. It was a sign that we each have our time in the spotlight as part of some grand design.





**2014 11-25, 2587 - CLOUD SHIP** - A giant cloud ship hovered above the valley as if it was studying the landscape below. I pondered its mystical presence. Was it just a cloud or something else? I reminded myself that what we think we see in nature can be an illusion such as an animal that turns into a fallen dead tree.



**2014 11-26, 2588 - ANTICIPATING CHANGES** - The stark landscape is a constant reminder that changes in the weather are about to occur. Soon the valley will be thrust into winter white. We knew it was coming - only a matter of time. Still, change is an ongoing process in everything. We can adjust or not.



**2014 11-27, 2589 - GIVING THANKS** - Today is a day to give thanks for all the large and small miracles in my life. I am grateful for the opportunity to let nature speak to me and to be able to share it with others who are walking their soul's path.



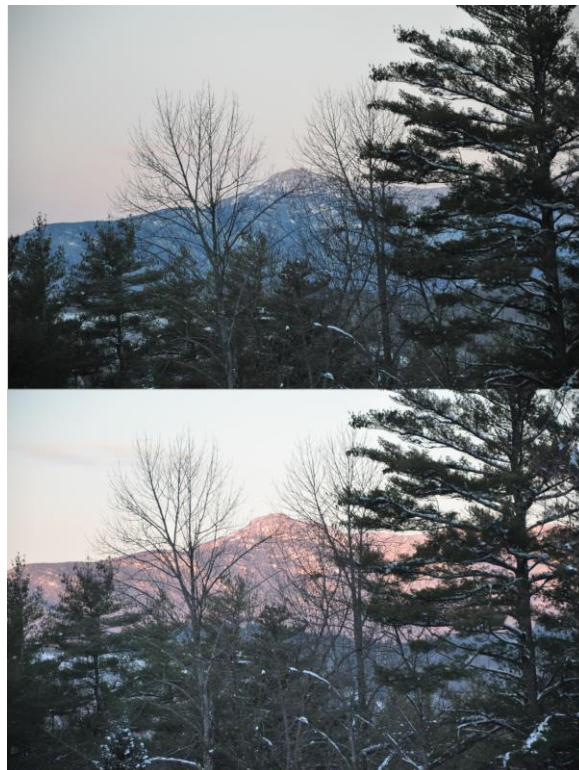
**2014 11-28, 2590 - JUST BEFORE THE STORM** - We knew that the big storm was coming and we still had a lot to do before it arrived. We hurried up to the orchard for our annual celebration of the winter season, placed boxes decorated as presents in the back of the old wagon and tied a bow on the spruce tree just before the storm.



2014 11-29, 2591 - SNOW-FRAMED SUNSET - The snow on the trees in the foreground served to frame the beautiful show that was taking place across the valley. The setting sun shone its last rays of the day across the sky. At that moment, all was one.



2014 11-30, 2592 - FIRST LIGHT - I like to be up before first light. It seems as if the day is wasted if I rise after the sun is shining, not that I do much anyways. That precious time in the morning is perfect to reflect the past and consider the upcoming plans for the day. Of course, this is all done with gratitude.



**2014 12-01, 2593 - ICY ORNAMENTS** - This is the season to look for light as we experience the shortest days of the year. It is a time of reflection, of gratitude and to dream of a world filled with magic and love.



**2014 12-02, 2594 - WALKING BACK IN TIME** - Walking the old Class VI road is like walking back in time. I wonder who has walked this road before and toiled to make a living on the land. Who built the stone walls? Who drove the teams of oxen and horses? I wonder who walks this road with me from the past.



**2014 12-03, 2595 - SHAPED BY ITS SURROUNDINGS** - The small pine grew upwards in thick underbrush. In its quest to survive it was shaped by the other trees around it. People are often shaped by the surroundings they grow up in. Fortunately we have the opportunity through positive thoughts and actions to change our growth patterns.



**2014 12-04, 2596 - LOOKING FOR A MEAL** - The snow covering the grass in the orchard was like a blank white canvas except for a small disturbance of the surface. I went to investigate and found where a fox had dug, following its nose in search of a meal. That's why I walk in nature, in search of a spiritual meal.



**2014 12-05, 2597 - WINTER BROOK** - The small brook that flows down the mountainside used to power a mill 150 years ago that ground bark for tanning leather. It is almost hidden by the recently fallen snow. It changes every day and provides a place for my mind to travel.



**2014 12-06, 2598 - GOLDEN SUNSET** - I am drawn with my camera to a vantage point where I attempt to capture the golden sunset both in my mind and through the lens. It is a ritual I do over and over again. It is a way to connected to the beauty of nature which is never the same.



**2014 12-07, 2599 - NEW VARIETIES** - The University of New Hampshire has an open house each year in December to exhibit their latest varieties of poinsettias they have developed. It is a time to bring home a couple of plants to brighten the short winter days. Variety in life is good for us all.



**2014 12-08, 2600 - FLYING LEAP** - I watched a small flock of male turkeys slip and slide their way up the front lawn to the old stone wall and take flying leaps to get to the other side. They had learned to trust their wings to get them to their destination. Still, to get there they had to take a flying leap.



**2014 12-09, 2601 - ENCASED** - It is interesting to me how the lilac is already budded and ready to burst into growth when spring arrives. It survives the harsh winter even when encased in ice. There are people currently ready to burst forth and embrace their soul's purpose while others never open to the shift.



**2014 12-10, 2602 - SPRUCE CANDLES** - The small brown tips of the branches on the ice covered spruce tree looked like candles that were lighting the way along the snowy path on a gray overcast winter day. I could feel the warmth in my heart as I knew that nature was lighting the way for me again.





**2014 12-11, 2603 - DAVIS POND** - After the leaves have gone and during the winter season, we get a view of Davis Pond from the mountaintop that reminds me of a miniature holiday village like my grandmother used to create. Also my wife's family name is Davis. I wonder about those types of synchronicities.



**2014 12-12, 2604 - TURKEY PRINTS** - The turkeys created a masterpiece as they searched for food under the bird feeders. Their prints in the snow created a unique design worthy of hanging on a wall. The prints are now covered with a fresh coat of snow and the canvas waits for the next great creation. It's always different.



**2014 12-13, 2605 - LOOKING FOR INSPIRATION** - During the dark and often dreary month of December it can be hard to become inspired unless we look at the things we are grateful for. I was grateful for the opportunity to visit a greenhouse full of beautiful poinsettias. Their bright colors brighten up my world in an inspiring way.



**2014 12-14, 2606 - IN THE SPOTLIGHT** - A small snow-covered mountain stood out in magnificent white as the sun shone its spotlight down. It was surrounded by a gray cloudy day. I stood in awe of its beauty and sent it my gratitude. I like to recognize people that do good, often in an unseen quiet way.



**2014 12-15, 2607 - SNOW-COVERED HOLLY** - The light fluffy coating of snow on the holly bush stirred a familiar feeling from somewhere deep in my soul. I imagined what this time of year would have been like over a hundred years ago. I felt an old song in my heart and was grateful for this special connection with nature.



**2014 12-16, 2608 - BARBERRIES IN WINTER** - Another reminder that stirs a past life longing in my soul is snow covered barberries. It seems as if I have a connection to nature that began long before I was first exposed to it by my grandfather in the silent woods of Maine.



**2014 12-17, 2609 - GUARDIAN OF THE OLD LOG PILE** - There is a guard stationed at the end of the old abandoned log pile watching silently as its perch slowly decays into the ground. I wonder if this magnificent beast was created by some intelligence in nature, knowing that I would pass by and notice?



**2014 12-18, 2610 - SILENT WOODS** - On the day of an approaching storm the woods grow silent, especially when the ground is covered with snow. It is a place to be alone with one's thoughts and dreams. It is a place to gain perspectives on life. You also have silent woods in your mind you can visit anytime.



**2014 12-19, 2611 - UNDER THE MOSS** - Just before the snow covered the landscape I noticed an area of moss-covered ground with open spots. I could see white quartz underneath. It was like finding hidden jewels. I was reminded of how many people hide their abilities which often find ways of still shining through.



**2014 12-20, 2612 - LOOKING INTO A WORLD BEYOND** - I stood at the top of the clearing, mesmerized by the cloud formation above the mountains. I was sure I could see another mountain range as I looked into a patch of blue. I knew it was not real, but it seemed real. I love to journey in my mind into worlds beyond.



**2014 12-21, 2613 - SHINING THROUGH** - I caught a glimmer of light shining through the clouds as I walked up the snowy road to the old orchard. After a prolonged period of cloudiness the sun was a welcome sight. I was reminded that it was always there, just hidden. You are a light of positivity ready to shine through on a gray world.



**2014 12-22, 2614 - OLD STONE PILLARS** - I stood for a moment in silence studying the old stone pillars at the entrance of the cemetery on the way to the orchard. They are the last of the reminders of the Jackson family that settled on the land in 1819. For a moment their history came to life again.



**2014 12-23, 2615 - LESSONS FROM A GIANT OAK** - The old oak tree stands at the top of the mountain with its powerful limbs bent in many directions as it has endured the moods of nature. It has many stories to tell for those who take the time to pause and listen to its wisdom as they pass by.



**2014 12-24, 2616 - WINTER GARNISHES** - The dried wildflowers and weeds that have survived the early snows stand proudly at the edge of the field, garnishing the landscape. Their brown beauty brings a soft color to the white world around them. They are often overlooked, just like many other things that garnish our lives.



**2014 12-25, 2617 - I WONDER AS I WANDER** - I wonder as I wander across the mountainside: what if? What if all the people populating this earth paused for a moment, thought of something they might be grateful for, and took in a breath of air feeling unconditional love? Would they help bring peace on earth and good will to all mankind?



**2014 12-26, 2618 - AN OLD PUFF BALL IN THE SNOW** - My eyes spied what looked at first like the hollow shell of a bird's egg resting in the snow. I looked closer and discovered it was an old puff ball without its puff. I wondered how it got there, totally out of season. Mysteries have no season in my thoughts.





**2014 12-27, 2619 - FROSTY PEAKS** - From the vantage point on top of our small mountain we sometimes see where the rain-snow line creates frosty peaks on the higher mountains to the north and west. Nature teaches me that when we are in the forest of life we often do not see beyond the trees.



**2014 12-28, 2620 - MIXING THE SEASONS** - In winter one would expect cold and snow here in the mountains, but this year there has been a prolonged warm spell and much of the earlier fall white coating has disappeared. There is a green fern growing near the brook that is flowing as if it was April. Life comes with many mixes.



**2014 12-29, 2621 - RETURN OF THE SUN** - After a prolonged period of cloudy days the sun returned to reflect its warmth by creating an alpine glow on the mountain peaks beyond the valley. I was reminded how special it is when we rediscover something in our lives that has been missing.



**2014 12-30, 2622 - BEAUTY IN AN OLD STUMP** - The sun shone its spotlight on an old decaying stump beside the trail. The rest of the tree had been cut by loggers years ago. Still I could see the beauty in the textures and colors now standing bare to the forces of nature. I was reminded that there is beauty in all aspects of life.



**2014 12-31, 2623 - SCRATCHING THE HILLSIDE - I watched turkeys work their way down the hillside as they did a unique dance, scratching for food under the leaves where snow had covered the terrain only a few days ago. I thought of the pioneers that settled this land and how they scratched out a living. In many ways we do the same today.**

