

Message from the Mountain
2015

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2015 01-01, 2624 - CREATING YOUR FUTURE - Day in and day out I watch nature create new designs as the water flows down the mountainside. When the temperature is below freezing small ice sculptors appear and change and melt away as the warmth returns. You have a blank canvas in 2015 as you create your future.



2015 01-02, 2625 - SNOW ON THE MOUNTAINS - Winter comes with many contrasts. The higher mountains are a frozen white and the lower valleys a dull brownish-gray from lack of snow depth. It is a time when I can walk to places I would not normally be able to do this time of year. It is with gratitude that I experience these contrasts.



2015 01-03, 2626 - BRUSH PILES - As we clear the trails and create small openings in the forest, we build a lot of brush piles. These thick heaps of tangled limbs and small trees may seem unsightly but they provide cover for small animals such as rabbits. A few brush piles in life could be serving a purpose.



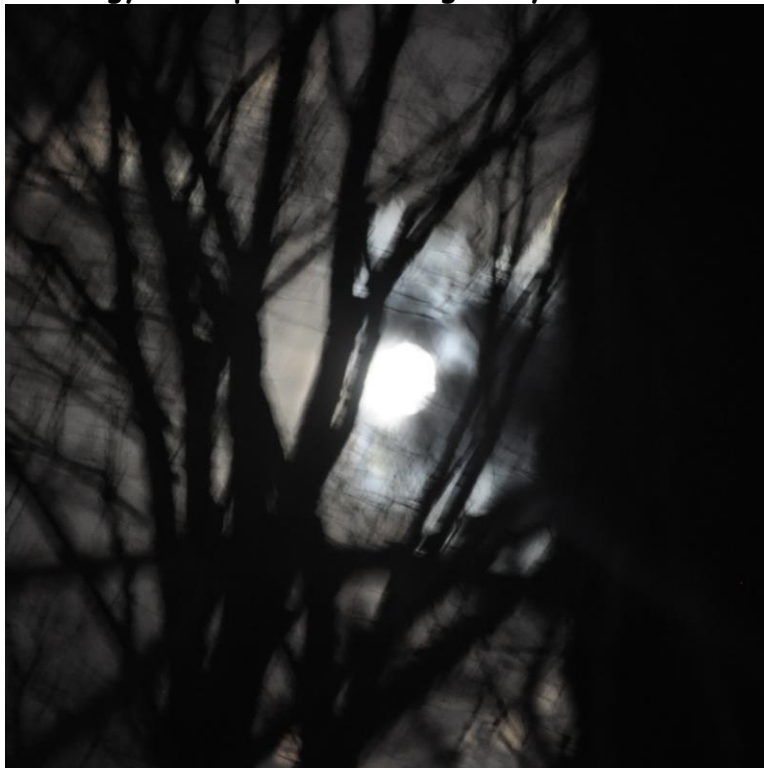
2015 01-04, 2627 - SUGAR COATED PINE - The light coating of sugar snow on the needles of the pine tree looked good enough to eat. I tasted them in my mind with gratitude. It was a feast for my soul.



2015 01-05, 2628 - SNOW ON A BIRCH - The fluffy white snow and the small birch tree blended together to form a beautiful scene as I walked by. I felt inspired to attempt to capture the moment with my camera and later let nature compose the words that drifted out of my mouth. At that moment all was one.



2015 01-06, 2629 - MOON THROUGH THE TREES - The full moon created sharp contrasts as its light produced dark shadows on the crusted snow and silhouetted the trees through which I viewed this spectacle. I felt the energy of inspiration stirring in my mind.



2015 01-07, 2930 - AN OLD HOLLOW LOG - We have an old hollow log that had been debarked and varnished long before we purchased it at an auction. It has a large opening created by nature in the shape of a heart. It serves as a daily reminder from inside our home, of our love of nature.



2015 01-08, 2931 - PEERING INTO THE FOG - The fog was so thick it could almost be cut with a knife. The world I was familiar with now looked entirely different and disorientating. My eyes created images that weren't really there. Yet deep inside I knew I could find my way.



2015 01-09, 2932 - ICE BIRD - The small ice formation by the brook looked remarkably like the shape of a bird. It is amazing how our eyes can play tricks on us, often creating images that we think are real, but in reality they are not what we thought they were. The mind is good at confusing the information stored in it.



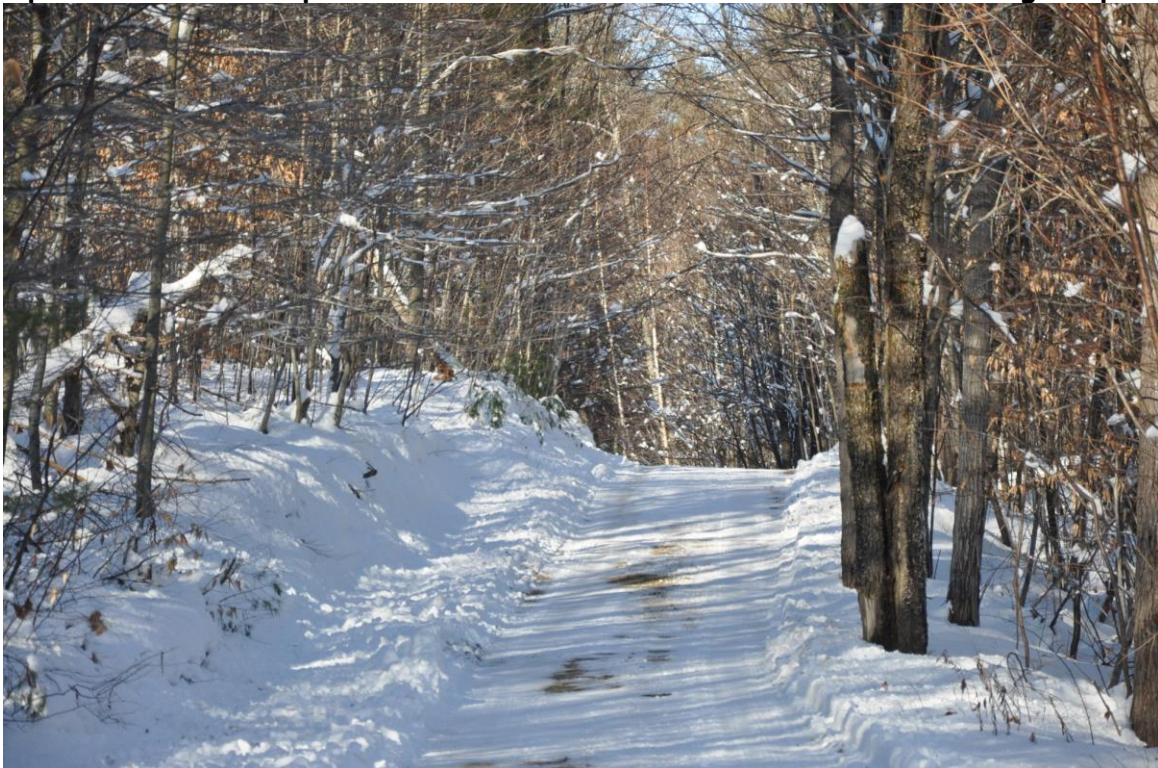
2015 01-10, 2633 - RESTORING THE CLEARING - The land on the mountainside has been rearranged countless times over its history. Two hundred years ago it was almost all cleared and then nature took over again. Today we work to restore the latest clearing cut from the forest for both nature and man. It is the balance of life.



2015 01-11, 2634 - MAGICAL GEMS - The mountain's energy comes from the quartz that bubbles up to the surface of the thick layer of granite that covers the landscape. My fantasy is that other magical gems are hidden below the surface. My reality is that the gem is the energy of the mountain itself. That hides no more.



2015 01-12, 2635 - WALKING THE OLD ROAD - I rarely see anyone as I walk the old road leading to the orchard. Once in a while I meet our neighbor who lives at the end. I always feel something special there. Perhaps it is a walk back in time that touches something deep in my soul.



2015 01-13, 2636 - OLD SEED POD IN WINTER - The empty seed pod of a flower becomes an object of beauty when examined close up in a winter landscape through the eye of a camera. Nature is the creator of many beautiful designs both large and small.



2015 01-14, 2637 - WINTER SEASCAPES - As special as the mountains are to me, so too is the ocean. There is something about a winter seascape that touches my soul. My mind soars across the seas of time and I am once again connected to the vastness of everything.



2015 01-15, 2638 - REFLECTING THE SUN - The new wet snow had frozen with a thin shiny crust creating a glassy landscape. As I watched the sunset, my eyes were drawn to a dazzling display of color taking place on the white covered ground. It was the reflection of the event in the heavens; yet it was a world unto itself.



2015 01-16, 2639 - SHRINK-WRAPPED WALL - The old stone wall that divides our front lawn was recently shrink-wrapped by nature, covered by a thin wet crust freezing around the contours of each rock. Fortunately when the snow melts I will again see the magnificence of the stones themselves.



2015 01-17, 2640 - VISIT BY AN ANGEL - A friend asked if I would like to have the angels come for a visit, and of course I said yes, knowing that they are always with me in the first place. The next day in the fresh coating of snow on the front lawn was the proof. I saw the imprints of the wings of a turkey the angels sent.



2015 01-18, 2641 - THE FOX AND THE RABBIT - Tracks in the fresh snow indicated that a fox and a rabbit crossed paths on their quest for food. I wonder which one was first. Obviously the rabbit continued safely on its way. It is interesting how some people can journey through life and avoid dangers while others do not.



2015 01-19, 2642 - SILENT VIGIL - The large boulder along the edge of the trail was sliced into sections by stone cutters searching for granite for foundations for homes and barns almost two hundred years ago. Today it serves as a monument to the past and the future for those that pass by in the moment.



2015 01-20, 2643 - THE SENTRY - The bard owl sat silently in the darkness, wet and cold and looking like a sentry watching over the land. Its eyes glowed red reflecting the flash of the camera. Stories of red eyed guardians of the land came to my mind, and I knew the sentry was still there.



2015 01-21, 2644 - RABBIT RUN - There is a rabbit run that crosses a hiking trail that appears to be well used by one or more rabbits. I may never see them and would not even know they were there if it wasn't for the tracks in the snow. There are a lot of things that exist in nature and life that we rarely see.



2015 01-22, 2645 - ICE COLD SKY - The gray dawn transitioned into to a light blue sky that transitioned into a blend of lavenders and pinks as the sun rose in the east. It was an ice cold sky that greeted me through the birches, but it warmed my heart with gratitude.



2015 01-23, 2646 - A FLASH IN THE WOODS - The game camera waits silently in the woods for an opportunity to capture a picture of whatever passes by within the range of its view. Recently it captured a flash, some sort of a streak in the woods. I wonder if it was nothing or something that would normally go unseen to human eyes.



2015 01-24, - 2647 BIG FOOT - The impression in the snow of what appeared to be a barefoot track was very large. I smiled, placed my glove beside the track, and snapped a picture. I knew nature was playing tricks by melting and refreezing the snow.



2015 01-25, 2648 - A JANUARY AFTERNOON - In years where the snow cover is not very deep one can walk the trails with relative ease. So it was on a recent January afternoon. The beauty of the landscape warmed my heart to its fullest.



2015 01-26, 2649 - LOOKING IN THE WINDOW - I could hardly believe my eyes as I looked out the window on a recent morning. There gazing back at me was a beautiful owl. It stayed for about five hours, and I had the feeling that the owl was not just there to rest or hunt. Something much deeper was taking place.



2015 01-27, 2650 - HUNKERED DOWN - The vicious winter storm has arrived as predicted. The winds are howling across the mountains and the snow is piling up at a rapid pace. It is a day to hunker down and enjoy the solitude as nature flexes its muscles.



2015 01-28, 2651 - BURIED - The blizzard has passed and we are left buried in snow. At the moment the task of digging out looks overwhelming, but, with a shovel and an old tractor and time to appreciate the beauty, the path will be cleared.



2015 01-29, 2652 - FROSTY TWIG - The small twig had broken free from its tree a while ago. It became an object of art as nature decorated it with beautiful white frost feathers. I felt as if I had been given an invitation to attend a very special show.



2015 01-30, 2653 - CLOUD SHIPS - I watched the saucer-shaped cloud ships glide silently over the valley in the evening light. Their undersides were highlighted in brilliant pink. For a few moments my mind flew with them as I looked down on the landscape of life with pure gratitude.



2015 01-31, 2654 - WINTER ROMANCE - There is something romantic about the snow-covered boughs of the firs and pines after a snowfall. One feels that they are living in the middle of a picture postcard. It is a time to be one with nature and appreciate the softness of the moment.



2015 02-01, 2655 - COLOR IN A STORM OF WHITE - The blizzard raged outside creating a storm of white. Suddenly I caught a flash of purple-red color as a male purple finch landed on a tree limb near the bird feeder. This splash of color brightened the landscape for a brief moment of time that lingered in my heart.



2015 02-02, 2656 - SNOW GHOSTS - The high winds blew across the clearing on the mountain top, creating drifts as they swept the crusted snow bare underneath the fresh powder, creating snow ghosts that seemed to float in midair. The spirits in nature were at play.



2015 02-03, 2657 - READY FOR OCCUPANCY - The old hollow tree is ready for occupancy. My imagination journeys inside to take a tour of the spacious décor consisting of well decorated rooms waiting for a family. I remember nature stories from my childhood that continue to live on in my mind.



2015 02-04, 2658 - WINTERING OVER - Like snow-covered boats on the shores of lakes and ocean, the old log looked like an ancient wooden canoe that was being wintered over, waiting patiently for the warm sun of spring to free it for sailing. My mind is wintering over, too, getting ready for the next journey.



2015 02-05, 2659 - PINK SKY - The colors in the clouds were spectacular as the evening sun progressed its way across the sky until it fell behind the mountains. I watched the show and marveled again, as I often do, with gratitude in my heart, at the many ways nature connects with me.



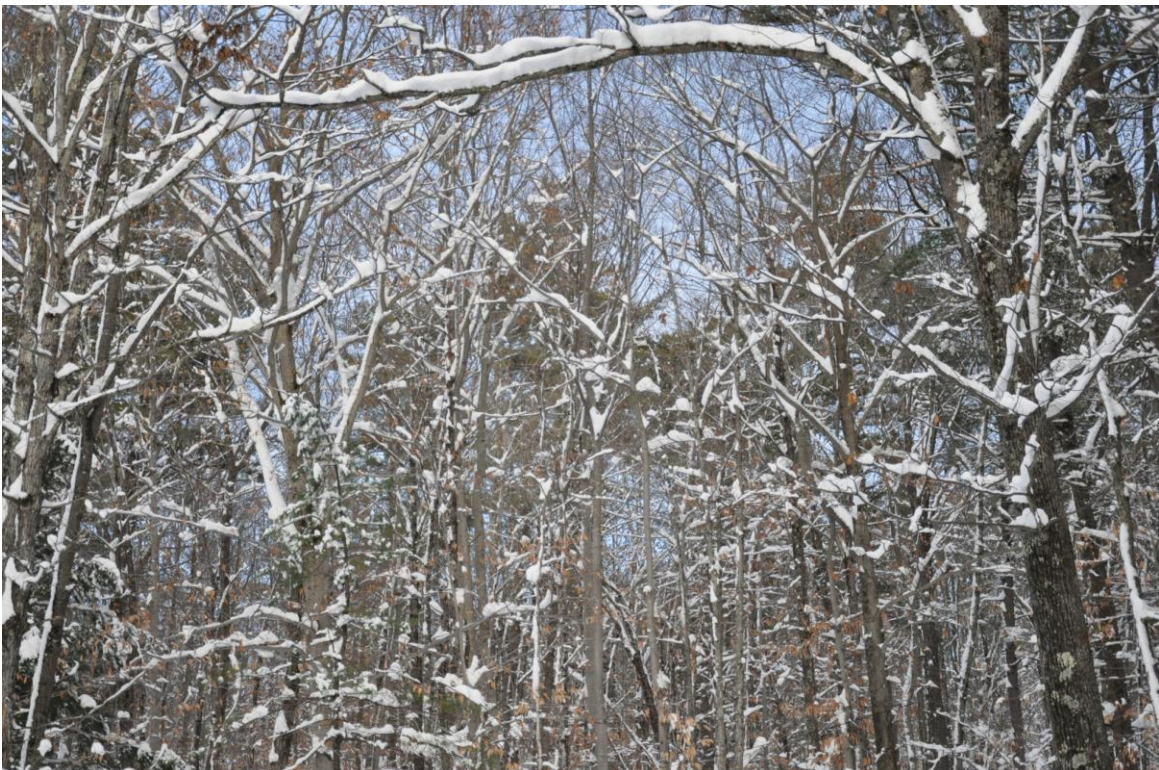
2015 02-06, 2660 - WEATHERING - The old tree showed the effects of weathering as it stood silently in the woods. The sun, wind, rain, and temperature have all taken their turn at shaping it over the years. Life has a weathering effect on people also. We are the sum total of who we are at the moment.



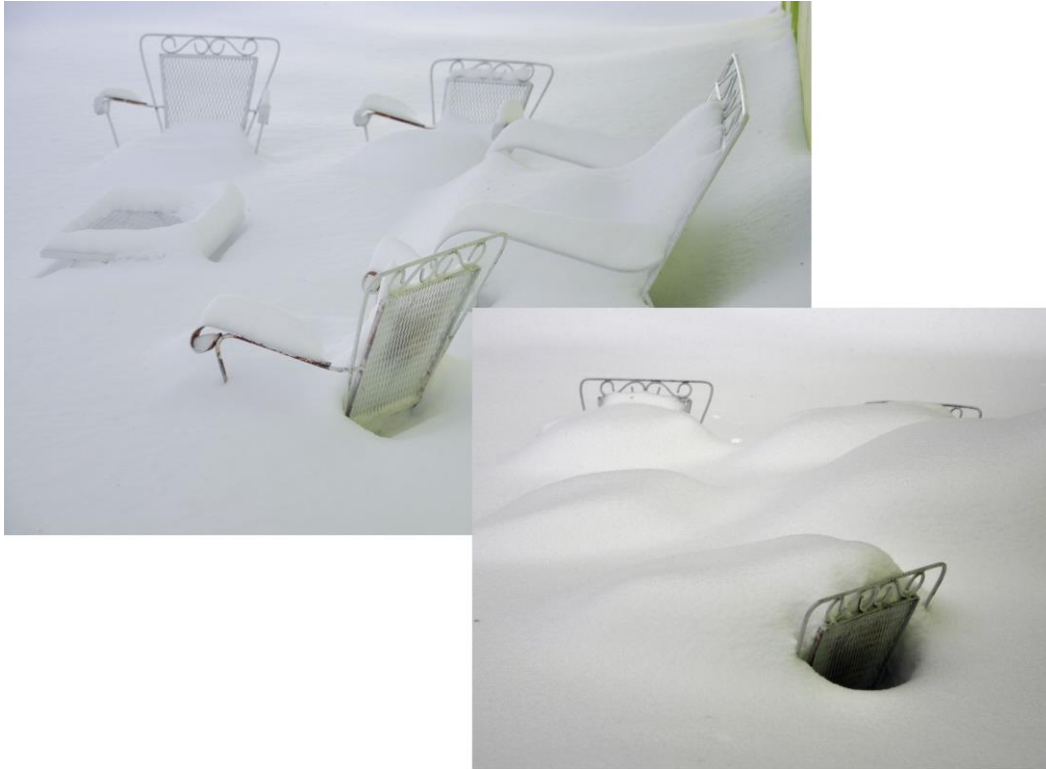
2015 02-07, 2661 - YING AND YANG - The two hemlock trees seem to create a perfect balance as they rest silently in the evergreen grove near where the trail passes by. They are a reminder of life itself and how we strive to find the balance between the spiritual and human worlds.



2015 02-08, 2662 - FRESH POWDER - It seems as though we start our days lately with a fresh coating of powder snow. It is a joy for the lovers of winter and a bane for those that long for summer. Still, each day is a new beginning and a chance to make fresh tracks in life no matter what the season.



2015 02-09, 2663 - DISAPPEARING LANDSCAPE - Much of the summer landscape has disappeared with the winter snow. Everything looks different. People often lose sight of their abilities when the storms of life inundate them. In both cases warmth will recover the landscape.



2015 02-10, 2664 - LIVING IN THE TREES - From the window of our "Tree House", the second floor of our post and beam addition, I get a different perspective on the world as I watch the birds going to the feeders below me. Being in nature helps create a balance in life.



2015 02-11, 2665 - COTTON BUSH - The globs of white snow formed in the branches of the lilac bushes creating a picture of fantasy. I wondered at this sight and imagined what if cotton grew in trees. Nature stretches my mind as I roam the landscape of life.



2015 02-12, 2666 - LIFE AT THE FEEDERS - I wonder many things as I watch life at the bird feeders. How do the birds find us? Is it always the same flock? Do the winds blow them from place to place? Then I relate the birds' journey to ours. I know we have spiritual feeders that can provide energy wherever we are on our journey.



2015 02-13, 2667 - AND THEN I REMEMBER - Sometimes in the cold and harshness of winter I think of living in warmer climates where I can just relax in the sun. Then I look out the window and see the magnificent mountains, and then I remember that it's not just about me, it's about my purpose in this life.



2015 02-14, 2668 - IT'S ALL ABOUT LOVE - On a day that is all about love one thinks of how love affects our lives all year long. Love manifests in many ways, whether in people, animals, nature, or the vast Cosmos. It starts in our hearts with gratitude and builds into a powerful force that can create positive changes for many.



2015 02-15, 2669 - WINTER TREATS - The deeper the snow cover gets the more it covers up the landscape creating a vast sea of white. During that time my eyes are drawn to things I would not normally focus on, such as the tall dried flower braving the elements by itself. It becomes an object of beauty, a winter treat.



2015 02-16, 2670 - MINUS TWO WITH STRONG WINDS - We were greeted in the morning with temperature below zero with very strong and powerful winds assaulting the landscape. The pristine snow of yesterday is now littered with debris from the trees. It is not a day to play with the elements, but a day to remember warmth in your heart.



2015 02-17, 2671 - BREAKFAST IN THE STORM - I had to chuckle when I spied two large turkeys having breakfast during a snowstorm in the small crab apple tree at the bottom of the drive. It was a moment where nature again took my mind away from the harsh winter for a short period of time.



2015 02-18, 2672 - THE FLOW UNDER THE ICE AND SNOW - Despite the cold weather there is a flow of water traveling down the mountain under the ice and snow. Each one of us also has an energy flow that is always sending out thoughts that attract back what is in our minds, whether positive or negative.



2015 02-19, 2673 - A GIFT ON THE WINDOW PANE - My wife received a beautiful gift from nature when a frost flower was painted on a window pane above her computer desk. It has lingered there for several weeks. Nature has a way of sending each one of us reminders of the beauty that exists around us.



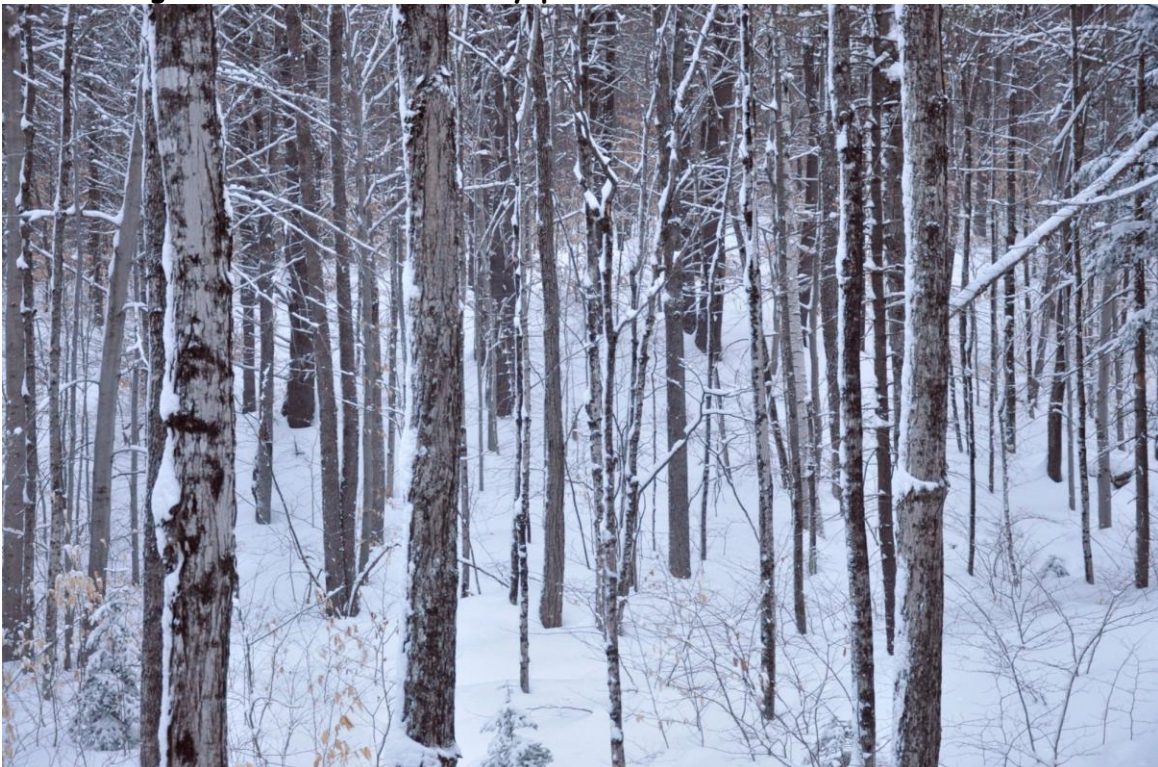
2015 02-20, 2674 - ICE COLD PINK - The warmth of the alpine glow on the mountains to the west is deceiving this time of year. It is really the ice cold pink of winter that grips our lives. The real warmth comes from the gratitude of having the opportunity to observe one of nature's beautiful spectacles.



2015 02-21, 2675 - WEAVING THE TREES - The limbs on the maple tree look from a certain angle as if they were about to be woven together by nature to create a braid. I am reminded that nature does weave its magic into the fabric of our daily lives.



2015 02-22, 2676 - SNOWY WOODS - As I gazed into the snowy woods I saw an army of trees standing guard over the land. My heart sang the praises of thankfulness that the elements of nature were watching over me as I wander my path in life.



2015 02-23, 2677 - INTO THE STORM - The snowstorm blasted the northern side of the trees leaving a white stripe all the way up their trunks. They had no choice but to turn into the weather and endure it. In the storms of live we have the option of seeking a safe harbor within.



2015 02-24, 2678 - CLEANING THE TREES - Nature recently cleaned the trees when it sent high winds across the mountains. The ground was littered with debris as the old leaves and dead branches were cleared away, making room for new growth. The winds of change offer the same to humans.



2015 02-25, 2679 - OPENING THE ROAD - A friend who lives in a summer cabin near the orchard has been given a special gift by a neighbor who keeps her road open during the winter, even though she might not make the trip. It is an investment in the future because the road will dry out quicker in the spring.



2015 02-26, 2680 - ORCHARD AT REST - The old orchard is resting beneath several feet of snow. The potential of a brand new growing year is ready and waiting to begin its spring journey towards the fall fruit. It is a time for us to prepare our own potential for the future.



2015 02-27, 2681 - DEEP SLEEP - The old cemetery is almost invisible under the deep snow, except for the tall stone pillars, long minus their gate that guards the entrance. I like to think the souls are sleeping deeply, waiting patiently to guide those who walk the land in warmer months.



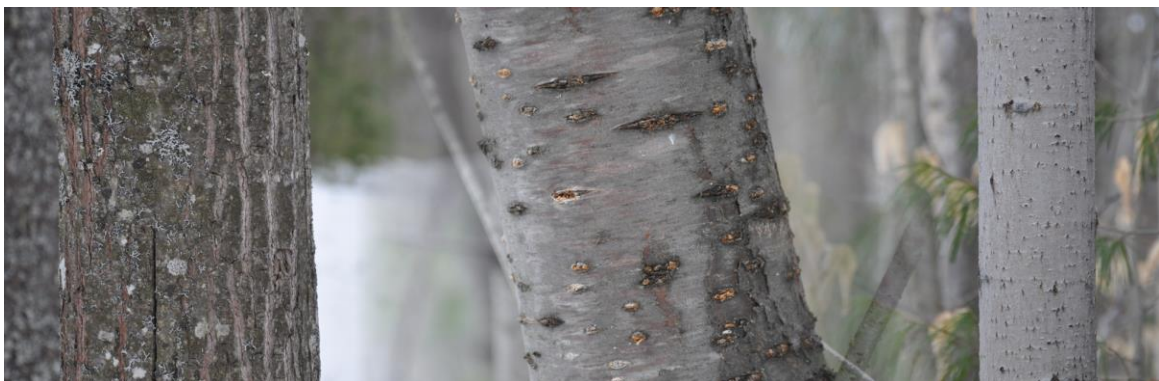
2015 02-28, 2682 - WINTER ARRANGEMENTS - Nature has the ability to create beautiful winter arrangements out of leaves, pine cones and needles. To see them, all one has to do is pay attention, because they can change right in front of our eyes. Life has many precious moments.



2015 03-01, 2683 - SKY DANCE - The sun and the clouds collaborated to create a spectacular dance that sent rays of joy bouncing all over the sky above the waters on Cape Cod. My heart dances too as I think of future dances on our tireless march towards spring.



2015 03-02, 2684 - TEXTURES OF GRAY - There seems to be a lot of interest in the color gray lately and the woods are full of many textures of gray as seen on the bark of the trees, especially during the winter. Nature is a wonderful catalyst for the mind to become lost in its own stories.



2015 03-03, 2685 - A WINTER MORNING SUNRISE ON THE CAPE - I left the shelter of the condo where we were staying on a blustery morning after a fresh snow to capture the magic of the ocean at sunrise. It was a peaceful scene except for the stinging blast of the wind on my face. Still I was grateful to experience this side of nature.



2015 03-04, 2686 - FROZEN SEA - The ice on the surface of the sea was broken into small particles by large ice breakers so that small ships could safely navigate into and out of the port. Sometimes we need to rely on a larger force to clear away the obstructions in our lives.



2015 03-05, 2687 - A HEART ON THE ROOF - When I find a heart sign I believe that I am getting a message that I am surrounded by unconditional love. So it was when I found a heart carved out of the snow on the roof outside the treehouse office.



2015 03-06, 2688 - SNOWSHOE TRAIL - We followed a trail created by winter wanderers and enjoyed the magnificent view at the top. Had it not been for those who went before us we might not have had the energy to venture off into the deep snow. Perhaps we also made it easier for those who follow us.



2015 03-07, 2689 - MESMERIZED AGAIN - I could feel the pull of the trance which kept me venturing again and again out into the cold to watch the setting sun and the rich colors it projected across the sky. Long after the light faded the effects of the trance lingered in my heart.



2015 03-08, 2690 - FROZEN SEA SHELLS - The spot close to where the sea and the shore had come together was a beautiful mosaic of frozen sea shells encased in ice on the cold winter day. I marveled at the incredible creative ability of nature to stretch my mind.



2015 03-09, 2691 - SUNSET ON THE CAPE - Nature puts on a show twice a day no matter where you are. It is her sunrises and sunsets that give us the opportunity to pause for a few moments and get a different and fresh perspective of life no matter where we are.



2015 03-10, 2692 - MORNING VISITOR - It was back again to pay us a morning visit. The magnificent bard owl perched on the limb of an old oak for several hours. We have many visitors from nature that pass through our property. If we didn't take the time to look, we would never see them.



2015 03-11, 2693 - SWANS IN WINTER - I watched a flock of white swans huddle together on the ice on a cold winter's day and I marveled at their beauty. I thought of the story of the ugly duckling and how it matured into a swan. I thought of how we grow in the spirit of nature as we mature the same way.



2015 03-12, 2694 - BUZZING THE MOUNTAIN - I watched the single saucer-shaped cloud drift silently over the mountain buzzing the observatory on top. I thought of how we often drift by opportunities in life and fail to pause and take advantage of the moment. Knowing when to land is the key.



2015 03-13, 2695 - TAPPING TIME - Finally the weather has warmed enough during the day for the maple sap to run. Seeing the buckets and large containers connected to the old trees on our front lawn inspires me to realize that we can tap into our unconscious minds any time of the year for the sweet knowledge within.



2015 03-14, 2696 - PATH THROUGH THE TREES - As I follow the winding path through the trees I wonder what the land might have been like a hundred or two hundred years ago. I do know that I feel at home whenever I wander this trail. Everyone has such a path if they choose to walk it.



2015 03-15, 2697 - AROUND THE BEND - I never know what is around the bend of the old road, but over the years I have learned to keep a vigilant eye. Yet, recently I was so engaged in following a fresh turkey track in the mud that when I looked up, they were right there scattering into the woods. I missed a good picture.



2015 03-16, 2698 - LEAF LINE DANCE - I watched the line of beech leaves as they danced in the wind on a late winter's day. Soon new growth will be taking over and a different dance will emerge. Life is like a line dance. The dance continues as new participants join us on the line.



2015 03-17, 2699 - ALMOST SPRING SKIING - The distant view of a ski area further up the valley in March reminds me of the joy of spring skiing. It is a wonderful time to feel the warmth of the sun while enjoying the snow and dreaming about summer days to come. You don't have to ski to enjoy the out-of-doors.



2015 03-18, 2700 - WINTER SNOW, SPRING SNOW - The winter and spring seasons are at a crossroads. One day it is winter, one day it is spring, and sometimes both seasons are happening at once. Still it is a time to dream of the next exciting step on our path of life.



2015 03-19, 2701 - OUT OF THE MIST-Out of the mist the giant mountain looked imposing and mystical as it loomed large towering above the dark pines in the foreground. In my mind I realized it was waking from a deep sleep.



2015 03-20, 2702 - A TRUE FRIEND OF NATURE - Today on this first day of spring I pause to remember a true friend of nature who passed the other day. He was Gil Whitman who, while serving one term in the State of Maine Legislature, introduced the bill that became the Allagash Waterway system. He set the bar for others to follow.



2015 03-21, 2703 - TREE PRETZEL - The bent bare limbs hanging above the old road reminds me of a pretzel. People sometimes feel like that. They have been twisted and bent by life and yet, like a pretzel, each person becomes unique, and their life twists can help nourish others on the same path.



2015 03-22, 2704 - PINK SNOW-COVERED PEAK - The beautiful, majestic, mystical, snow-covered pink peak of Chocorua greeted me as I sat in my easy chair enjoying breakfast. Every day the view takes my mind on a journey high above into the divine.



2015 03-23, 2705 - AH, SPRING - One needs a good sense of humor to live where the climate does not always line up with the seasons. The calendar says it is spring, but the reality is that it is still winter. It helps to have an end in sight. It is always good to look forward when we feel trapped in life.



2015 03-24, 2706 - SLOW PROGRESS - Spring has not shown much progress yet here in the mountains otherwise than flipping the page on the calendar. I can hardly see the top of the bench at the edge of the clearing. I know that soon the progress will move much faster. Spring teaches us much about life.



2015 03-25, 2707 - RED BIRCH GLOW - We noticed as we stood gazing out over the mountains from the edge of the clearing that the stand of young birches were basking in a red glow. I had never seen that before. Perhaps they are preparing for spring. In nature as well as in life there is always something new to discover.



2015 03-26, 2708 - FROM A DISTANCE - When I walk the height of land, I am able to see the world from a distance. From that perspective it is possible to examine life without getting caught up in the sea of emotions that swirl about below. I can look to the Cosmos for guidance.



2015 03-27, 2709 - VIEW FROM THE ORCHARD - The view from the orchard is different than from other places on the trail. In the summer it is almost lost because of the leaves. The view of life is always different, even though we may be looking in the same direction.



2015 03-28, 2710 - STUMP FLOWER - The old stump caught my eye on a bleak spring day as I passed it by while walking the trail. It looked like a flower and I smiled as I found beauty in the decaying relic of a once proud tree. There is always beauty to be found as we walk the trails of life.



2015 03-29, 2711 - LOOKING THROUGH NATURE'S WINDOW - There is a window in the old hollow log and when I look through it, my mind is free to journey to the distant destinations of my thoughts. We all have a window in our mind's eye that connects us to the nature of life.



2015 03-30, 2712 - WATCHED OVER - In the clouds of the setting sun I could imagine a giant presence watching down over the landscape and myself. I have often been told that there is something watching over me that others can see, but I cannot. Maybe I saw it in the sky.



2015 03-31, 2713 - PRECISION DRILLING - Woodpeckers have the ability to know precisely where to drill holes into what may appear to be a perfectly healthy tree to kind a sweet treat of bugs. I wonder how they know. Can we use our intuition to precisely guide us?



2015 04-01, 2714 - MELTING SEASON - The melting season has begun. It started with a single drop of water when the sun warmed the snow on a spring afternoon. Now parts of the field are bare. It is a time for ideas to flow and grow like the small stream cascading down the mountain.



2015 04-02, 2715 - BARE BRANCHES AGAINST THE EVENING SKY - The silhouette of bare branches waiting for their spring buds to burst into leaves against the pinks and blues of the evening sky caused me to pause and drink in the scene unfolding in front of me. My heart filled with gratitude.



2015 04-03, 2716 - GETTING READY FOR THE MUD - My neighbor knows what is going to happen soon to the old dirt road. He is taking preventive measures to help keep it passible during mud season. It is a good lesson for life. If one is unaware, it is easy to get buried in the mud.



2015 04-04, 2717 - STRUTTING IN THE WOODS - A sure sign of spring is the courtship dance of the male turkeys strutting their stuff under the giant pines on the hillside. Spring is the signal of new beginnings.



2015 04-05, 2718 - THE WISHING TREE - There is a tree alongside a trail on the mountain that reminds me of a wishbone like we used to pull apart with someone else as a child. The one with longest half supposedly had their wish come true. Now I know that thoughts with gratitude help manifest wishes.



2015 04-06, 2719 - FOLLOWING THE BOUNDARY LINES - Sometimes the boundary lines around a piece of property are hard to follow. It may have been years since they were updated and re-blazed. We have boundary lines to follow on our walk of life. Sometimes they are hard to follow too, but the Cosmos can be our guide.



2015 04-07, 2720 - SHINING THROUGH THE OVERCAST - I could barely make out the outline of the sun as it shined through the overcast sky. It reminded me in life of how we are often in search of something that has not yet fully appeared, but we know that it will be there and will shine in due time.



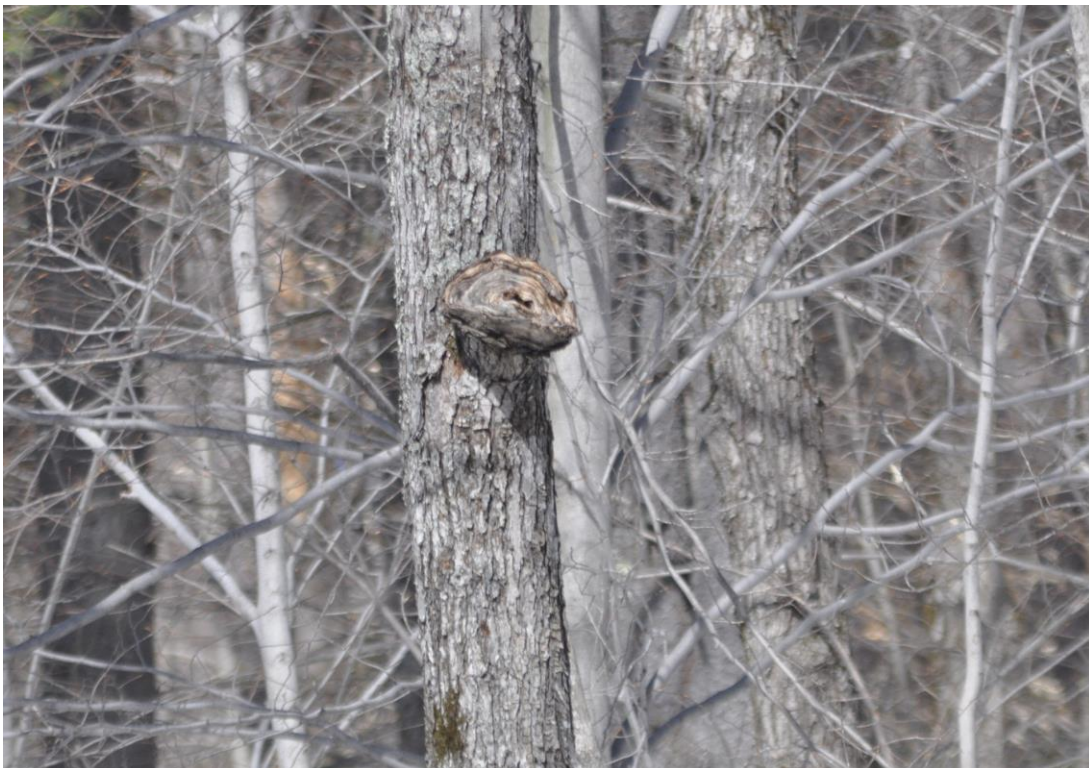
2015 04-08, 2721 - A FACE IN THE BROOK - I love to look into the unseen and see things that others may or may not view the same way. It helps to expand my mind as did the face in the brook looking back at me from a photo I took with the intention of talking about another subject.



2015 04-09, 2722 - OLD SCARS - The old beech tree still bears the scars of when a black bear climbed it years ago in search of beechnuts. People bear the scars of life and each one helps define how their resilience has helped them survive.



2015 04-10, 2723 - TREE BEAST - My imagination allows me to see many different shapes in the woods, such as a tree with a serpent head coming out of its trunk. It reminds me that I am never alone as I wander through life. There is something that goes with me to keep the tree beasts in check.



2015 04-11, 2724 - CORDUROY SKY - The sky looked like a large corduroy blanket with each row of ribs lined up evenly as far as my eyes could see. Life is sort of like that. When you rub corduroy together it makes a sound and when it is apart it is silent. When the noise gets too loud, step away into the silence.



2015 04-12, 2725 - FLOWING AROUND THE BEND - The little brook is now fully open and flowing around the bend on its way to the wide ocean beyond. To me it is nature demonstrating that when our ideas are in the flow, they are on their way to manifesting into concrete form.



2015 04-13, 2726 - THE FEEL OF SPRING - The air has the feel of spring. I feel the warmth of the sun on my face and the freshness of the air. In life we have the chance of discovering it all over again as we search our minds for inspiration.



2015 04-13, 2727 - THE FLAME AND THE FLOW - I recently observed a candle as it burned down to its core. The hot wax created by the flame reminded me of a volcano spewing out molten lava over the landscape. I think of the flame as the idea and the flow as how the idea is formed over the pathways of life.



2015 04-15, 2728 - FINALLY A CROCUS - Finally a crocus has blossomed beside the drive. I have been waiting all winter for the first blooms of spring. It is a time when ideas flow like the spring melt. It is to embrace the warmth of the next season of our life.



2015 04-16, 2729 - THE ROAR OF SPRING - The roar of spring can clearly be heard as the tiny brook is a torrent of water from the melting snow. The world is coming alive again and I rejoice as plants and people emerge from the shadows of winter.



2015 04-17, 2730 - THE FUZZY SIDE OF SPRING - Pussy willows are the fuzzy side of spring. They remind me of the soft fur of a kitten and that reminds me of the newness of positive ideas. Those ideas, coupled with intentions and gratitude, grow into mature offspring of the Cosmos.



2015 04-18, 2731 - WHERE WATER POWERED A MILL - Remnants of a stone foundation remain that once were the underpinnings for a water-powered mill. They stand as a symbol representing a by-gone age when bark was peeled from trees on the mountainside and ground up to be used in the curing of leather.



2015 04-19, 2732 - SPRING SUNSET - In the spring the sun sets in a different spot than it did in the winter as it works its way across the horizon until the summer solstice. I will, with gratitude, observe this nightly ritual until the leaves on the trees block my view until fall.



2015 04-20, 2733 - DOWN TO A TRACE - The remnants of winter are now down to just a trace of snow hiding in the shadows. I choose to see the beauty of the bare ground while others can only see the old that is still hanging on.



2015 04-21, 2734 - PASTEL EVENING - There are never two sunsets or sunrises alike. If I describe them accurately, there will never be the exact same words for what I observe. It is interesting how we describe different moments in life the same way.



2015 04-22, 2735 - MAPLE BLOOMS - The maple trees are in full bloom. Their tiny red blossoms often go unnoticed as do a lot of things in life that we overlook. Taking a little time to notice, whether in nature or in everyday life, can lead to rich experiences.



2015 04-23, 2736 - FROG POND - The little meditation pool at the Center has turned into a frog pond. I can hear the croaks as I sneak up trying to get a peek of where the sound is coming from. It is one of my spring rituals. It is a time for our ideas and dreams to flourish and come to life.



2015 04-24, 2737 - FRAMED IN GOLD - The sunset was framed in gold. I could feel the richness of the Cosmos beyond as it shone its light over the mountains and valleys. At that moment in time all was one with Nature continuing to be the conduit.



2015 04-25, 2738 - OVERFLOWING - The little stream overflowed its banks as the spring snow melt and rain kicked into full gear. This is the time that those who settled the land before us harnessed the power of the water to run their mills. We feel that same power when we connect to our sources.



2015 04-26, 2739 - A CHARMING COUPLE - Mr. and Mrs. Purple Finch made a charming couple as they relaxed for a moment on the limbs on a tree nearby the feeder. They serve as a reminder that nature has a grand design far beyond human beings.



2015 04-27, 2740 - WARMTH IN A COLD SPRING - A splash of bright yellow greeted me as I looked out the window. It was the first daffodil blooms of the cold spring and they warmed my heart with their cheeriness. In knew that despite the cold, changes were taking place.



2015 04-28, 2741 - LEFTOVERS - Like old food in the refrigerator that needs to be thrown out, the leftover snow hiding in the shadows of winter is no longer appreciated. Just as old thoughts in our minds sometime hang around beyond their usefulness; it is time for all the snow to go.



2015 04-29, 2742 - MOODY MOUNTAIN- The mountain has different moods, just as we do. Understanding nature can also help us understand ourselves as we walk the landscape of life.



2015 04-30, 2743 - EVENING DRAMATICS - There seems to always be some sort of drama playing out as the last rays of sun give way to the darkness of the night. The sun hangs on as long as possible sending golden waves of light from behind the mountains, but eventually retreats to rest for the next day.



2015 05-01, 2744 - PASTURE PINES - There are still some old pine trees in the woods that began their life when the land was cleared and they were free to spread their branches outwards towards the sun. At one time many of them served to hold up the barbed wire fence which is still embedded in their wood.



2015 05-02, 2745 - NEW SUIT - The male goldfinch sat proudly on the limb of the maple displaying his new suit of feathers. He now had the confidence to court his female counterparts. New suits can give people confidence but the greatest self-assurance comes from within.



2015 05-03, 2746 - A VISIT FROM WOODY - Woody Woodpecker came to call the other day looking for breakfast as he inspected trees that might contain his next meal. I often hear Woody as he takes to flight rubbing his legs together as a warning to be aware of what is in the woods. Nature is always on the watch.



2015 05-04, 2747 - THE FIRST MAYFLOWER - The first mayflower of the season has bloomed. It won't be long before others follow. Their fragrant smell will be implanted in the memories of those that pause and take in their beauty, and all too soon nature will move on to focus on something else.



2015 05-05, 2748 - BLUEBERRY BUDS - The blueberries are budded and ready to open their tiny blossoms to the fresh air of springtime. As the warmth of summer ripens the berries, these succulent fruits will become the quest of both man and nature.



2015 05-06, 2749 - FULL MOON OVER THE SEA - There is something about a full moon over the sea that stirs a deep passion in my soul to understand my ancient roots. I sail the waves of infinity into a vast horizon of distant memories trying to push their way to the surface of my conscious mind.



2015 05-07, 2750 - PERFECT HARMONY - I watched the chorus form during the early spring time until they came together in a perfect harmony, singing the songs of gratitude for a winter passed. It is a perfect segue to the rhythm of summer warming in the wings.



2015 05-08, 2751 - SEPIA SEASCAPE - On a sunlit hazy morning the sky, the ocean, and the shore all became one in a golden brown sepia seascape. As my mind merged with the scene in front of me, I became one with the timeless existence of the Cosmos.



2015 05-09, 2752 - BEFORE THE LEAVES FULLY OPEN - I took one more glance at the setting sun across the valley a few days before the leaves fully opened. The view from my windows from now until fall will be of green leaves shading the afternoon sun. The sunsets are still there even though I may not see them.



2015 05-10, 2753 - THE LUPINE FIELD - As soon as the snow goes, I start my spring ritual of keeping watch on the field of lupines for the first signs of this plant with its beautiful blooms. In the meantime, the search also leads me to observe the beauty of the mountains in the distance.



2015 05-11, 2754 - ANGEL OF THE SEA - I watched a sea angel flap her wings behind the rocks at the edge of the shore. I knew that I was not alone and no matter where my path of life leads there are always angels there to watch over and guide me.



2015 05-12, 2755 - PEAR TREES IN BLOOM - The pear trees are the first to bloom, ahead of the apple trees that are now fully budded. As I walk among the delicate blossoms I celebrate the dream of a harvest in late summer. There is always something to hope for, no matter what the season.



2015 05-13, 2756 - WAITING FOR THE LEAVES - I couldn't resist spending one more moment with another sunset before the leaves block my view. I cannot resist spending a moment of gratitude whenever the feeling strikes me. One of my goals in life is to live in these moments.



2015 05-14, 2757 - WHALE OF A ROCK - The small boulder resting on bare ground at low tide took on the shape and look of a beached whale. It would not be long before this object of my fascination would again set sail with the incoming tide.



2015 05-15, 2758 GREEN WALK - I walk again in a tunnel of green. It has been over half a year since the leaves fell from the trees over the trails. Now I journey through an endless tunnel that transports me into other dimensions as I walk into a timeless adventure.



2015 05-16, 2759 CHOKE CHERRIES - The choke cherry trees are in full bloom. Most of the year they remain hidden by larger trees which enjoy nature's spotlight. This is the time for the little choke cherry to take the main stage and reveal their beauty. The same is true for humans who wait in the wings.



2015 05-17, 2760 - SIX-SPOTTED GREEN TIGER BEETLE - On a small section of ledge that shows through the thin soil on a section of the clearing I caught a flash of emerald green. On closer inspection it was a bug, one that I had never seen before. There are lots of things that exist around us that may not be seen, including miracles.



2015 05-18, 2761 - SPRING CONTINUES - Spring continues to move across the landscape at an ever increasing rate of development. When the nights warm and become closer to the temperature of the days, summer will emerge. Our lives move through the seasons in much the same way.



2015 05-19, 2762 - WORTH A YEAR'S WAIT - It has been a year since I have experienced the fresh and powerful smell of fresh lilac blossoms. It has been worth the wait. In my mind summer has officially arrived. On with the show!



2015 05-20, 2763 - VIOLET BOUQUET - I discovered a violet bouquet waiting for me at the edge of the field. These tiny blue flowers can go unnoticed when one's thoughts take them away from the beauty of the moment of discovery.



2015 05-21, 2764 - THE OLD APPLE TREE - The old apple tree has survived another year and opens its blooms to the bees that will provide pollination, resulting in red fruit this fall. The soil is poor and probably it is too shady where it grows, but still it survives. It has a strong will.



2015 05-22, 2765 - BUMBLE BEE HEAVEN - The bumble bees must think they are in heaven this time of year as they sip the nectar of countless blossoms on the fruit trees. Fortunately, humans can immerse themselves in the nourishment of life any time of the year.



2015 05-23, 2766 - NATURE CONSTANTLY AMAZES ME - The design of the growth on the old stump is just another way that I am constantly amazed at the designs in nature. That brings up an old question. Who or what is really responsible for the design of life?



2015 05-24, 2767 - PERFECT MIXTURE - The white wild blueberry blossoms and the purplish flowers of the ground phlox my wife planted several years ago have blended together in a perfect mixture of color. When humans work positively with nature, the earth can feel the energy of the collaboration.



2015 05-25, 2768 - MEMORIAL DAY MEMORIES - Memorial Day brings a flood of memories from my childhood. I lived in a small town where the veterans put on their old uniforms and marched once more to remember their fallen comrades. Lilacs were placed in the lake by the cemetery as the firing squad saluted the dead.



2015 05-26, 2769 - SPRING BIRCHES - The line of young birch trees remind me of my younger days and driving along a curving road ringed with white. My mind easily travels through many different dimensions when I am one with nature.



2015 05-27, 2770 - JACK IS BACK - It was with great joy that I learned an old friend was back for another visit this year. He appeared a few years ago, and each year since spends a few days lounging under the old pear tree by the stone wall. Today I celebrate my old friend Jack in the Pulpit.



2015 05-28, 2771 - INVASION OF THE LILIES-OF-THE-VALLEY - The beautiful, small and delicate smelling lilies-of-the-valley have invaded a large area where I planted just a few several years ago. Now they have taken over. I wonder if kind thoughts and actions planted in the right places could do the same.



2015 05-29, 2772 - A VERY SPECIAL GIFT - Our eleven year old granddaughter recently created a beautiful fairy glued together from all natural ingredients for her grandmother. I wonder if a real fairy actually posed for it.



2015 05-30, 2773 - A FIELD OF BLUE - The clump of forget-me-nots that I planted years ago has, over time, spread to create a small field of blue. Imagine how our positive thoughts and actions of today could spread, over a period of time, way beyond our wildest dreams.



2015 05-31, 2774 - TWIN LADIES - As I captured the two Lady slippers posing almost as one, I wondered if plants and animals had twin souls like humans or even if they had souls at all. All I know is that I feel connected to the nature that grows around me.



2015 06-01, 2775 - A PEACEFUL SPOT - There are places on the land that have the grand view of the mountain ranges to the north and west and then there are other peaceful spots that have smaller or no views, otherwise than the nature that surrounds the moment. Those spots can be very peaceful and powerful.



2015 06-02, 2776 - DELICATE RED BEAUTY - My eyes caught a small splash of color as I walked along the trail. It was the delicate red of a columbine blossom. I used my camera to capture this tiny beauty in a way my eyes would not have seen. There is much beauty in life that goes unnoticed to the naked eye.



2015 06-03, 2777 - PINWHEELS - The blossoms on the flowering vine remind of pinwheels spinning in the wind, and that reminds me of how children take delight in playing with a pinwheel in the wind. As a child of the Cosmos I also take delight in the pinwheel flowers.



2015 06-04, 2778 - INTO THE PURPLE - The Purple Iris reminds me of the meaning of colors. The beautiful blooms draw my mind into the purple hues of the Cosmos and connect me to the thread that binds all life together.



2015 06-05, 2779 - HALF WAY THERE - Half way has different meanings depending on how you consider the words. To some it means a long way to go; to others they reflect on how far they have already been. The lupines are half way to being in full bloom and are hinting of their beauty yet to come.



2015 06-06, 2780 - WELCOME RETURN - I welcomed the return of the wild flowers that arrange themselves in a circle around an old apple tree in the orchard. It has become a yearly routine. These flowers also reminded me that there is always something different to welcome back every day.



2015 06-07, 2781 - A BIT OF SUNSHINE - A splash of yellow color caught my eye at the corner of the old flower garden. The yellow day lilies were open and sending out their beautiful rays of brightness. You are like those bits of sunshine when you open your heart to love and gratitude.



2015 06-08, 2782 - FLYING ITS COLORS - I saw a welcome flag flying that drew my heart close. It was a Blue Flag and nature had outdone itself choosing the vibrant color that said to me, "Welcome. Come in, enjoy, and share."



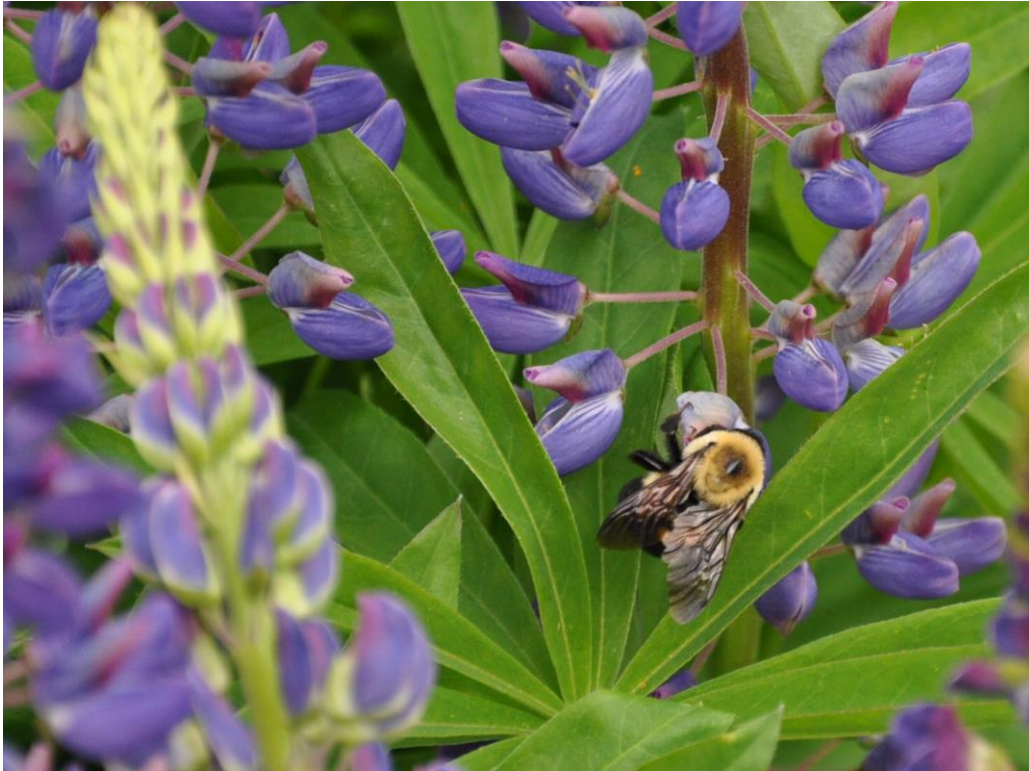
2015 06-09, 2783 - ON THEIR WAY - The blossoms on the apple tree have given way to tiny fruit that will grow and mature over the summer until they are ready for fall harvest. In our mind, ideas are the blossoms that when fertilized with gratitude, grow to produce the fruits of our intentions.



2015 06-10, 2784 - VORTEX IN THE SKY - I could see the swirling movement in the clouds above the mountains and I knew that the vortex was opening and ready to take me on a journey throughout the Cosmos to the vast unlimited library of knowledge that exists beyond our consciousness.



2015 06-11, 2785 - LUPINE SNACK - My eyes feasted on the lupine as I wandered through the field searching for the right picture, and there was the biggest bumble bee I think I had ever seen snacking on the nectar of a beautiful blue blossom.



2015 06-12, 2786 - PURPLE DANCERS - The Crown Vetch danced in unison in the light breeze as it spread across the clearing. I wondered if anyone else saw this remarkable performance, and I realized that others see nature in their own way. We all have gifts to share that may not be seen by others.



2015 06-13, 2787 - FLOATING ON THE AIR - Through the camera lens the flowers on the succulent plant appeared to be floating on the air like water lilies in a pond. My mind floated away to examine where the energy from my thoughts connect to realities beyond the realm of manifest reality.



2015 06-14, 2788 - IN THE FIELD - As I wandered through the field of lupine I felt connected to nature and yet my mind was free to soar into the limitless corners of the Cosmos. Had I not ventured out, I would have only learned of others' experiences.



2015 06-15, 2789 - LANDING PAD- I watched the colorful butterfly as it gently touched down on a green leaf landing pad for a moments rest before lifting off again. This reminded me that I have a landing pad in my mind where I can come and go as I connect to the Cosmos.



2015 06-16, 2790 - ANOTHER LOOK - I went back on a sunny late spring evening to take another look at the lupine before their blossoms faded away, only to renew again next year. Of course I discovered something I had not seen before. There is always something new to discover when we visit an old scene.



2015 06-17, 2791 - FULL AGAIN - During a recent dry spell, the small frog pond at the Center was in danger of becoming waterless. Eventually the spring rains filled it and life within its banks flourished again. Gratitude helps fill out hearts when we feel spiritually drained.



2015 06-18, 2792 - GREEN FERNS - The large patch of green ferns looked like one solid mass of color from a distance. When I got close, I could see many shades of green making up the whole. Life has many different shades waiting to be discovered.



2015 06-19, 2793 - NOURISHING CLOVER - The field at the top of the mountain was planted with sweet clover to provide nourishment for wildlife that visits the opening in the woods. The clover also provides nourishment for human minds, bodies, and souls.



2015 06-20, 2794 - FROM MY MOTHER'S GARDEN - Many years ago I brought shovelfuls of flowers from my mother's garden in Maine to our place in New Hampshire. In turn some of these plants have been shared with other members of the family. We all have many gifts inside ourselves to share that were given to us by others.



2015 06-21, 2795 - SINGING THE JOYS OF SUMMER - The flowers stand together as the sun reaches the longest days of the year, singing the praises of the season. It is a time to pause and be grateful for the beauty of the earth and the opportunity to be a part of this beautiful concert.



2015 06-22, 2796 - ANT HILL ART - The artists of the ant hill created a design which looked to me much like some kind of spirit figure when I discovered it on a recent walk in nature. I wondered if it was my eyes playing tricks on me and I realized no matter what I had seen, everyone else might see it differently.



2015 06-23, 2797 - SHARING THE LANDSCAPE - We love to share the landscape on the mountain with those that come to enjoy the peace and the beauty. Today I share my gratitude for my beautiful bride of 53 years and how she has shaped and shared the landscape of my life.



2015 06-24, 2798 - A LONELY GULL - I watched the lonely gull resting for a moment on the rocky shoreline. My mind soared in spirit out into the vast unknown of my unconscious mind and the memories of my soul that bring me back time and time again to the oceans of time.



2015 06-25, 2799 - STANDING TALL ABOVE THE REST - The tall yellow wildflowers stood tall above the rest of the old garden like masts on a sailboat. Somehow they have established themselves in this location and add to the surrounding landscape, like people that overcome adversities, standing tall above the rest.



2015 06-26, 2800 - HAPPY AS A SEAL IN THE SUN - The seals and their pups basked in the warm sun on a small rock island in the middle of the bay. I wondered how good that must feel, to take a break and take in the world as it passes by, happy as a seal in the sun.



2015 06-27, 2801 - STILL HOLDING HER BOW HIGH - The old fishing vessel moored at the edge of the sea still holds her bow high despite her decaying condition. One can see the integrity that went into the construction of her barren hull. She is a symbol of a proud past giving way to the future.



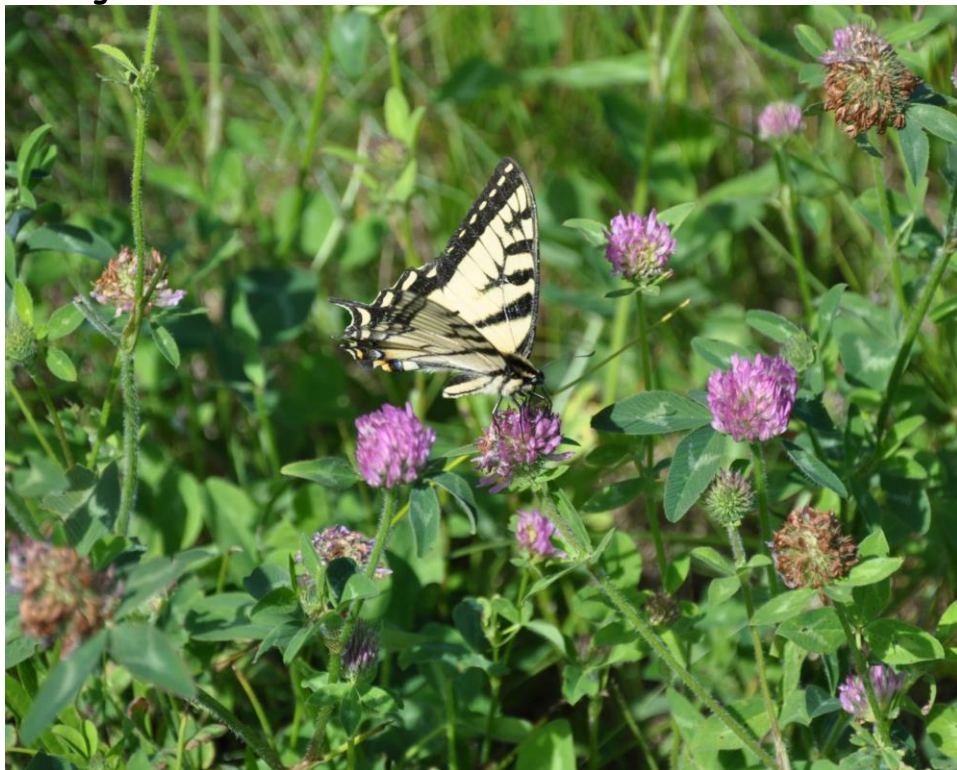
2015 06-28, 2802 - MY SISTER'S ROSE - Many years ago my sister dug up part of a rose bush and gave it to me to plant. I placed it in a location that was too shaded until my wife cleared around it. This year my sister's rose is in full bloom. It is a piece of history that has found new life today.



2015 06-29, 2803 - ORDINARY BEAUTY - The orange day lily is considered by some experts to be too ordinary to fit into special gardens. Still, when this beautiful flower is studied close up, I beg to differ with those that do not see what I see. Life always has something beautiful in the ordinary.



2015 06-30, 2804 - A SWEET SIP - I watched the butterfly as it flitted from clover blossom to clover blossom sipping the sweet nectar each contained. It reminded me that there is always a sweet sip of life waiting when we take a moment to be close to nature.



2015 07-01, 2805 - FIELD ARRANGEMENTS - The master gardener of the Cosmos has been at work in the field where the view looks to the mountains beyond. There is nothing quite as grand as nature's arrangements. I am reminded that same force also helps us design our arrangement of life.



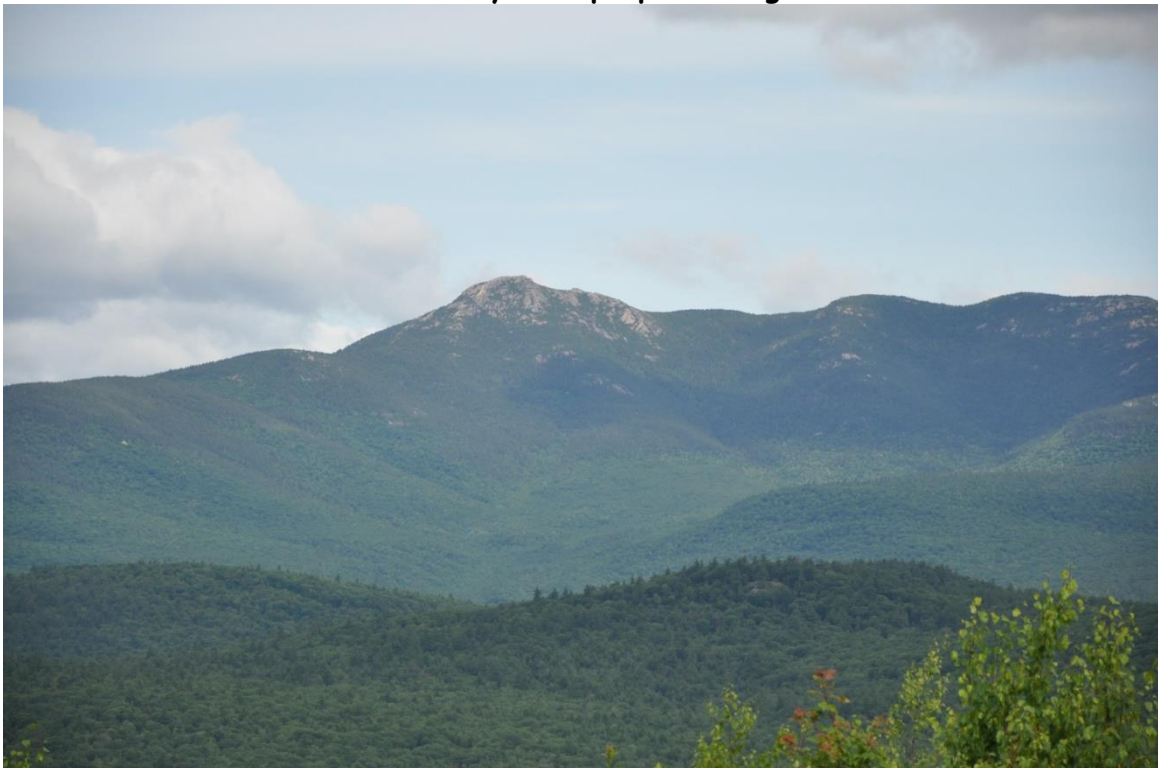
2015 07-02, 2806 - INTO THE HORIZON - As the evening sun cast its last light of the day over the landscape, I looked into the horizon beyond the sea, where the sky and water blended together into the vast beyond. It provided a gateway for my mind to sail off into the vast Cosmos.



2015 07-03, 2807 - LOOKING THROUGH THE GLASS - A soaking rain lessened my desire to walk in nature so I spent a few moments observing the world outside through the large sheet of glass from the window in the great room. My mind drifted outward with gratitude and yet it wasn't quite like being out there in the weather.



2015 07-04, 2808 - CELEBRATION - Today we celebration the birthday of our country. The celebration starts for me by feeling the deep appreciation I have for the opportunity to be free to walk this beautiful land and share its beauty with people throughout the world.



2015 07-05, 2809 - SATURATION - The recent rain saturated the ground where soil covered the solid granite just below the surface. The trail was covered with standing water. In a few days it will disappear and the trail will be dry again. Nature is a place where when I feel saturated I can find relief.



2015 07-06, 2810 - ALMOST INVISIBLE - I noticed a slight movement on the ground, and on further investigation I saw a toad the same color as the earth. It was almost invisible and it reminded me of other elements in nature, as well as people who live with us, who are almost invisible.



2015 07-07, 2811 - DANCING IN THE BREEZE - The blades of grass danced gracefully in the breeze as the day cast its diminishing light on the mountainside. My heart was filled with music of the dance that never ends. The beat may change but the performance continues.



2015 07-08, 2812 - LOOK TO THE MOUNTAINS - As I look to the mountains I feel an ancient pull that lifts my spirit, and I feel the clutter in my head releasing to the vast Cosmos beyond. Taking a deep breath, I am renewed with the passion for life.



2015 07-09, 2813 - TIME FOR THE BROWN-EYED SUSANS - A flash of bright yellow caught my eye as I surveyed the field in the early evening light. It was the first Brown-Eyed Susan of the year. I welcomed it with gratitude that nature was adding to its beautiful bouquet.



2015 07-10, 2814 - BLUE HAZE - The blue haze of the evening spread across the mountains and the valley below softening the landscape that lay below me. It is good remember when the landscape of life looks hard and unforgiving that our hearts can connect to softness from the Cosmos.



2015 07-11, 2815 - MID SEASON - As the mid growing season of the summer approaches, some early crops have now matured and have been harvested, or gone to seed. It is a time to enjoy the nourishment of nature as we look forward to the next phase of life.



2015 07-12, 2816 - A SPECIAL VISITOR - I saw it fluttering about the field and I hurried to get close to this special visitor before it moved on to its next destination. The clover was there to nourish it just as we are nourished by the special visitors that help guide our souls along our paths.



2015 07-13, 2817 - MORNING DEW - The morning dew washed the land overnight, leaving a moist reminder that each day has a fresh start to it. Just as the leaves feel the rejuvenation, so do I as I walk amidst the morning dew.



2015 07-14, 2818 - MILK WEED BLOOMS - The milk weeds are in bloom in the orchard. It is easy to pass by this weed that often is considered to be a nuisance. At the same time, when I look closely, I am amazed at nature's ability to create. We often pass by people that have abilities.



2015 07-15, 2819 - YELLOW TREATS - As I wandered through the orchard, my eyes feasted on nature's yellow treats shining in the morning sunlight. They provided nourishment for my soul that gave me the encouragement to continue is search of life's beauty hidden in plain view.



2015 07-16, 2820 - ON A SUMMER MORNING - On a recent summer morning I walked through the orchard, along the trail, and stood at the edge of the field overlooking the mountains. I was all alone except for the wildlife and yet I was connected to the entire Cosmos.



2015 07-17, 2821 - THE CHOKE CHERRIES ARE RIPENING - It seems only yesterday that I enjoyed the blossoms on a choke cherry bush and now its fruit is turning a bright red. Summer provides a constant parade of ever-changing landscape. When we are out of step with life, we can miss the parade.



2015 07-18, 2822 - ON ITS OWN TIME SCHEDULE - To my amazement and joy I spied a new lupine blossom long after I thought the growing season for this June flower was over. It was nature that reminded me again that the schedule of life may not be exactly what we think it is.



2015 07-19, 2823 - RABBIT HOUSE - Late last fall we cut down some trees to help open the view and pulled the debris into a big pile creating a rabbit house. Last winter we saw rabbit tracks going to the brush pile. It was our intention to create a safe place for these and other small animals.



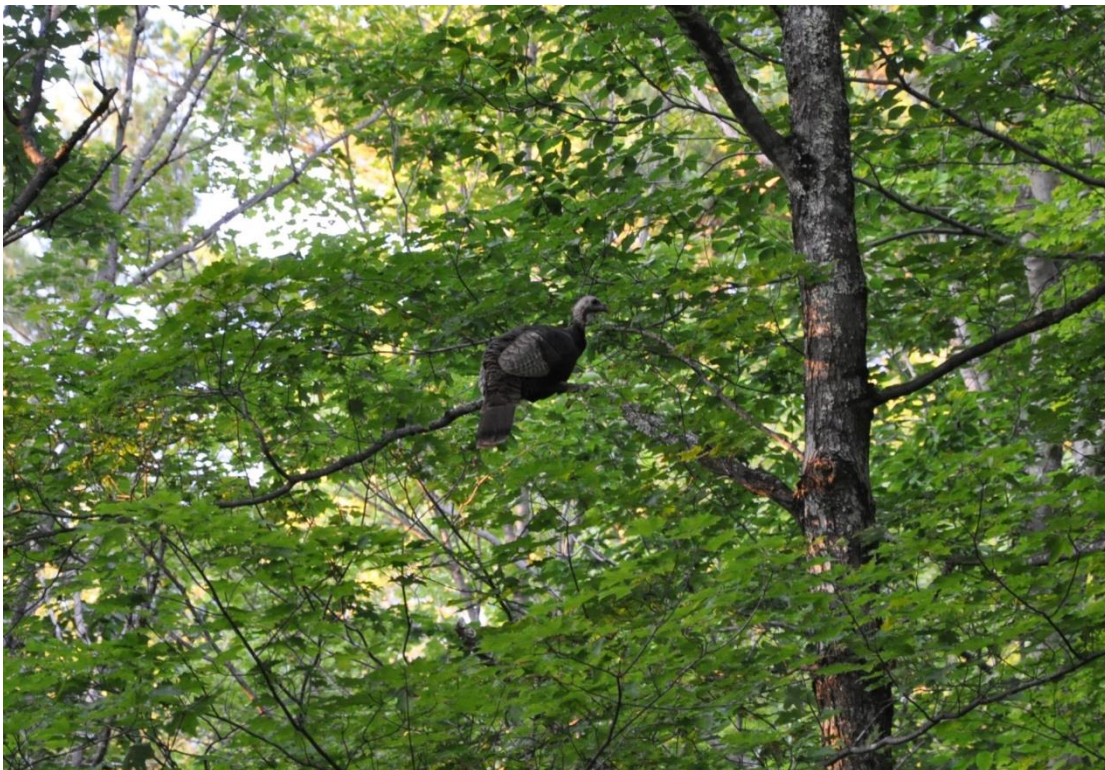
2015 07-20, 2824 - THE ELUSIVE WOOD LILY - The elusive wild wood lily is hard to find on the mountain. It grows on one spot on the edge of the trail often going unseen. I cherish its wild beauty and also the discoveries in nature that I make while I am searching.



2015 07-21, 2825 - FEATHER SIGN - I look for affirmations that I am on the right path of my intentions and I see them in nature, such as a feather, waiting for me on the trail. My heart is filled with gratitude knowing that I am not alone on my walk of life.



2015 07-22, 2826 - A LOFTY PERCH - The turkey landed on the limb of a tree right outside our window. It looked a little awkward, but I suspect it was looking over the landscape for some reason and seeing what it could not see from the ground. Turkeys can teach humans many things about life.



2015 07-23, 2827 - SUMMER SUNSETS - I don't observe the setting sun in the summer as often as the rest of the year. The leaves block the view, and also the sun sets in a different location than in the fall and winter. When I do observe one, I remember that even if I miss the show, it still goes on.



2015 07-24, 2828 - PINK SPIREA - The original pink spirea I planted many years ago may be long gone but other plants live on from the seeds it spawned. Last year I transplanted three of these shrubs and they brighten the front of the Center. A positive action can do the same as it continues to grow.



2015 07-25, 2829 - A LILY A DAY - A lily a day in the summer fills my heart with gratitude. I enjoy the succession of day lilies from the earliest yellow to the last of the double orange blooms. Every moment in time that I pause and take in their beauty strengthens my connection to nature.



2015 07-26, 2830 - A HEN AND HER BROOD - I watched the hen turkey and her brood move cautiously across the lawn as they headed for the blueberry bushes filled with nearly ripe fruit. I gave a little yell out the window as they began jumping up and grabbing delicious treats. I smiled and knew they would be back.



2015 07-27, 2831 - YELLOW BLOB - A bright yellow blob caught my eye as I walked the trail. I had never seen it before. It was a fungus growing on an old stump and it reminded me that no matter how many times I had walked this path before, there was still something new to discover.



2015 07-28, 2832 - IN SEARCH OF A CAVE - For years we have heard stories and actually met someone who moved to the area in search of a cave on the mountain. Last week a small group of us discovered a spot that just might have been an opening. I love mysteries.



2015 07-29, 2833 - HOLLOW CORE - I cut a small dead tree on the edge of the labyrinth, and we made an interesting discovery hidden within its core. Part of the wood had rotted, leaving a unique design. Nature reminded me again that what we see on the outside may not be what we find on the inside.



2015 07-30, 2834 - VARIGATED LEAVES - The green leaves on the small vegetation beside the trail looked as if nature had created designs in white on their green surfaces. I was reminded of how different each and every leaf is. We often miss this uniqueness in life's design.



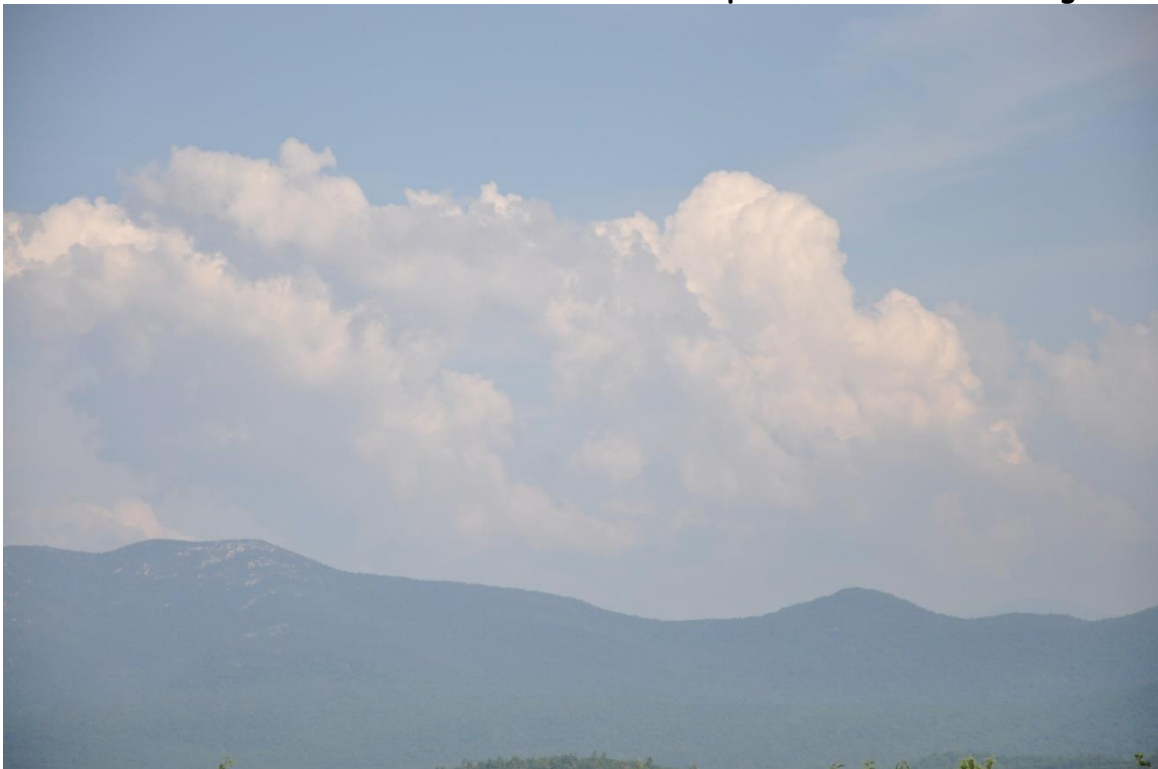
2015 07-31, 2835 - PEACEFUL SUMMER MORNING - I sat for a moment on the bench at the edge of the clearing on top of the mountain and watched the clouds boil up from the west. I felt peaceful and one with the Cosmos and held the image in my heart to take with me.



2015 08-01, 2836 - SHADOWS AND LIGHT - The sunlight flowing through the trees cast light on the mushroom growing in the shadows. The contrast provided for a dramatic picture. It reminds me of people who see things in black and white while others get a much clearer image of life.



2015 08-02, 2837 - BOILING UP - I watched the large puffy clouds boil up from behind the mountains and then float overhead as I sat on the bench. Thoughts in my mind boiled up at the same time and I thanked nature and the Cosmos for the inspirations I was receiving.



2015 08-03, 2838 - TEEPEE - Nature erected a teepee out of an old tree. It now stands silently in in the forest as a monument to those that once roamed the land. I wonder what spirits live within its unique shape.



2015 08-04, 2839 - GREEN GRASSHOPPER - The green grasshopper that was perched on the edge of the orange day lily provided an interesting contrast in color and shape. I marveled at the ability of nature to design and adapt to life on earth.



2015 08-05, 2840 - LAVENDAR CONE FLOWER - The lavender colored cone flower brightens up the garden where I planted them a few years ago. The garden grows mostly wild and the plants have blended together over the years. I gaze upon it with gratitude for the many varieties of blooms.



2015 08-06, 2841 - INTRICATE GOLDENROD - The intricate blooms of the goldenrod danced in the air in front of me, accompanied by a light breeze. I took a moment and enjoyed this masterful performance and then returned to the day ahead, refreshed in my mind.



2015 08-07, 2842 - PASSING STORMS - The storm passed by releasing its wind, lightning, and thunder to play havoc with the landscape. Just as suddenly as it had appeared, it was gone and I caught a glimpse of the sun above the mountains. It was time to take stock and reconnect to the world.



2015 08-08, 2843 - DOUBLE LILIES - I know that when the double orange lilies are in bloom August is upon us here in the foothills. They remind me to pause and take in the moment and appreciate the beautiful landscape.



2015 08-09, 2844 - IN THE SILENCE OF EVENING - As the sun begins to set in the west, the evening shadows grow long, and calmness begins to flow over the mountainside. It is a time to reflect and a time to plan. It is a time to be one with the Cosmos.



2015 08-10, 2845 - PLEASURES OF AUGUST - August is one of the most pleasurable months of the year. The nights are cooler and the gardens are overflowing. The phlox are in full bloom. My heart sings a song of gratitude, and I often remind myself to pause and take in the pleasures of summer.



2015 08-11, 2846 - BIG PLANT, LITTLE FLOWERS - The hosta plant is known primarily for its large green leaves and for growing in a shady spot. Its flowers are small in proportion to the leaves and yet they are beautiful when one takes the time to pause and notice. Many people have similar unnoticed gifts.



2015 08-12, 2847 - GOOD TO BE HOME AGAIN - Every time I return to the mountains I feel home again. Every time I return to the seashore I feel home again. I have many homes, but my real home is rooted deep in my soul.



2015 08-13, 2848 - A SEAT IN THE WOODS - As I walked a familiar trail, I noticed a stone seat on the rocky ridge a hundred feet away. I had never seen it in the way in which it caught my attention. Life always has different views for us to consider.



2015 08-14, 2849 - CHANGES ARE HAPPENING - The evolving colors of the fern remind me that changes are happening in nature as hints of the fall season are in the air. The nights are beginning to feel cooler and daylight is diminishing each day. There are many changes happening in all of life.



2015 08-15, 2850 - CLOUD CONFERENCE - I recently witnessed a very special conference in the clouds. I didn't hear the words but I believe that a Cosmic intelligence was holding court. To me it was a sign that we were being watched.



2015 08-16, 2851 - OPEN GATE - I often leave the bars of the split rail fence resting on the side of the trail creating an open gate through which I can drive without having to stop and move bars, so I am free to venture through. My mind also has an open gate to the Cosmos.



2015 08-17, 2852 - STUMP WATCHERS - The mystical animals and reptiles that live in the stumps keep a constant watch over the land. Part of me that questions their existence, and part of me that knows they are real.



2015 08-18, 2853 - VIEW OF THE LAKE - We can get a glimpse of the lake from a ledge high above the village, and when we return to the valley we can experience what we saw from above. Life has two different views.



2015 08-19, 2854 - INVESTIGATING THE MOUNTAIN - Recently a class of psychics led by Lisa Halpin investigated some of what we think is ancient knowledge hidden just below the surface of our conscious minds on the special mountain that exists here. It is amazing what exists just below the surface of our minds.



2015 08-20, 2855 - A SLICE OF WHITE - A small white object caught my eyes as I investigated the ground in front of me. Nature had left me a slice of a white mushroom. It was created by a master, and I felt grateful for this gift as I pondered it in my mind.



2015 08-21, 2856 - SPECIAL LILIES - The people that mow the lawn at the center left a small clump of plants to grow in the middle of the lawn that I had never seen before. Come to find out they were lilies of a nearly lavender color. I know that Nature has brought me a special gift.



2015 08-22, 2857 - LUNCH IS READY - This time of year it is possible to lunch along the trails as you hike. Throughout the summer the strawberries, raspberries, blueberries, and blackberries provide nourishment for man and animals alike. I think my spiritual self benefits the most.



2015 08-23, 2858 - THREE HEARTS - As I walked the new trail for the first time my eyes were drawn to a tiny piece of bark resting in the dirt. Soon I spied two heart-shaped rocks, and I smiled, knowing full well that nature had placed them there to verify that the land was happy with the work.



2015 08-24, 2859 - REOPENING THE SPRING - Recently we had an old spring reopened. It had been covered over by debris for decades. I wonder who it nourished over the years. Perhaps it was ancient people who walked the land, or the men that quarried, or the cattle that pastured there.



2015 08-25, 2860 - EXPANDING THE FIELD - The small field on top of the mountain has been expanded by another acre. It will be planted to clover and will become nourishment for the wildlife that visits there. It also provides spiritual nourishment for the humans that visit.



2015 08-26, 2861 - BLUE MUSHROOM - I saw something different on my walk the other day that I can't remember seeing before. It was a blue mushroom. I have no idea if this is common or not, but to me it is proof that there is always something to discover in nature and in life.



2015 08-27, 2862 - CHANGE IS IN THE AIR - I can see it in the leaves. I can see it in the waning daylight. The seasons are preparing to change. I can feel it in my heart, and I am grateful to be a part of something that has the potential to change the world in a positive way.



2015 08-28, 2863 - SPLASHES OF GOLD - I watched the evening sun set as it cast splashes of gold across the sky. I reflected on the spiritual meaning of what I was witnessing and I realized that we all receive splashes of gold materializing into inspiring ideas that pop into our minds.



2015 08-29, 2864 - A FAIRY TIARA - I spotted a flower tiara waiting patiently in the orchard for a fairy to magically place it on its head and dance under the stars on a moonlit night. I smiled and let my mind dance to the beat of nature's inspiring moment. There is always a dance waiting.



2015 08-30, 2865 - OLD PINE CROSS - A friend recently pointed out that the old pine tree at the edge of the field on top looked like a giant cross. I had never seen it that way before, but her observation resonated with me. I knew that I was standing in a vast cathedral created by man and nature.



2015 08-31, 2866 - PINK IN THE GREEN GRASS - I was surprised to find shades of pink in the green grass. Green is made up of many shades of different colors. Life is not black and white. It has many shades to it just as the grass in the field.



2015 09-01, 2867 - FLOATING PHLOX - I watched the armada of floating phlox soar in the breeze while tethered to the earth on thin spindly stalks. It was if I was sailing along with them for a brief moment in time. Then I stepped back in the sea of normal life.



2015 09-02, 2868 - MANY VARIETIES - It seems as if every summer I discover new varieties of mushrooms growing on the mountainside. They appear in different shapes and different colors. Mushrooms serve to remind me that life comes in many different varieties.



2015 09-03, 2869 - HAYRIDE - I knew when I saw the trailer loaded with hay bales that this would be the day the foresters would spread mulch to cover the new grass seed on the recently cleared land. It took only a matter of days to create a new field - a project that would have taken years in olden times.



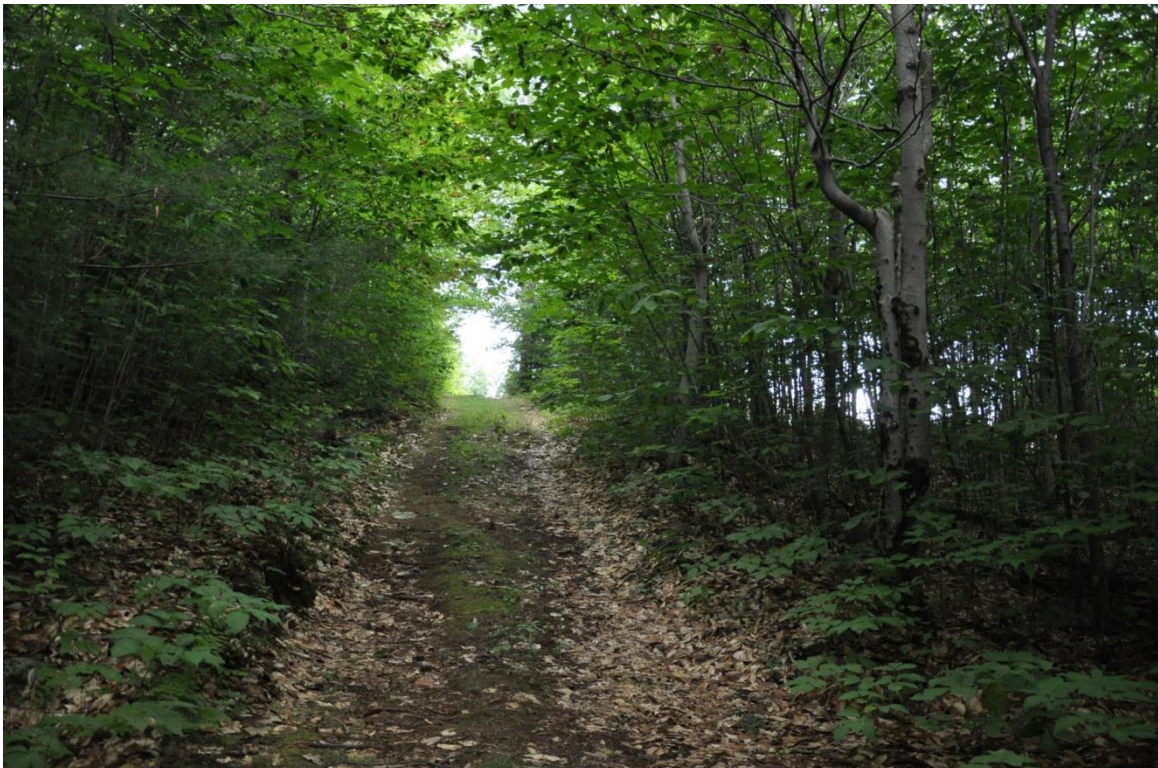
2015 09-04, 2870 - EVENING VIEW - I gazed in awe at the depth of the deep shadows defining the outline of the mountains across the valley a short time before sunset. It was a time to reflect and a time to dream of tomorrow.



2015 09-05, 2871 - KIDS OUT PLAYING - I watched some young chipmunks explore the world as they raced in and out of the plants and stones where they would pause and rest for a moment. I was reminded that kids learn something new every day.



2015 09-06, 2872 - TOWARD THE LIGHT - I walked upwards through a tunnel of shade created by the lush green leaves overhead towards the open field at the top of the trail. In my mind I was preparing, as I ascended, to soar with the infinite wisdom of the Cosmos as I progressed towards the light.



2015 09-07, 2873 - BEECH FRAME - When I was admiring a picture framed by a beech limb shaped by nature, I was reminded that wherever I look in nature there is a picture to see and a story to tell.



2015 09-08, 2874 - HINTS OF FALL - Even though the weather has stayed summer-like, there are hints of fall stirring throughout the mountainside. The maple leaves have begun to change, and I am surrounded by beauty as I explore the trails. Each day all year is a constant change.



2015 09-09, 2875 - SUPER SIZE - The large mushroom, wide enough to fill a plate, reminded me of a hamburger restaurant where they keep trying to create bigger burgers. Nature seems to be doing the same as our climate constantly evolves. People are constantly looking for bigger.



2015 09-10, 2876 - GOLDEN BOUQUET - I am always on the lookout for nature's latest creations, and when I discovered a beautiful bouquet of goldenrod I paused for a moment to feel joy and gratitude, knowing that I had been given a special gift on my walk of life.



2015 09-11, 2877 - LUNCH IS SERVED - The chipmunk perched on a flat rock table enjoying a lunch of green acorns served fresh from a nearby oak tree. Not only did it enjoy the feast, it also stored away the leftovers for the long winter months. It is a wise animal.



2015 09-12, 2878 - RARE SIGHT - We saw a rare sight as we drove out of the orchard on a warm summer's evening. There in the middle of the dirt road was a brown rabbit. We usually only know they are there in the wintertime when we see their tracks. It's nice to know.



2015 09-13, 2879 - BREAK IN THE OVERCAST -The clouds were a solid gray as we began our walk along the ocean. Then, as if by Cosmic design, there came a break in the overcast and a path of blue sky gave hope for the future.



2015 09-14, 2880 - WALL OF CLOUDS - I was greeted by a solid wall of clouds covering the landscape in front of and below me as I gazed from the ledge looking west across the valley. I could see the mountains in the distance towering above the sea of white. I was looking at two views of life.



2015 09-15, 2881 - HAPPY ON THE TRAIL - Recently we encountered a friend and her family walking on the trails. Their dog looked and acted so happy to be out in the woods that I attempted to capture its mood with my camera as it sat on a carpet of green moss. I think I often feel like that dog felt.



2015 09-16, 2882 - NEW GRASS - The new grass is now poking through the mulch hay in the clearing on top of the mountain. I look forward to next year when the clover will attract all kinds of wildlife to the newly open space. It is good to invest in the future.



2015 09-17, 2883 - OLD BARBED WIRE FENCE - The barbed wire fence has been there long enough so that a tree has completely grown over it and become part of the fence. The wire is stuck. People often are like old fences caught up in old beliefs. We can change. The fence is stuck.



2015 09-18, 2884 - BEAUTIFUL HIBISCUS - A while ago we received two hibiscus plants as a gift. I planted and watered them during the recent dry spell and we were rewarded with a beautiful large red blossom. The process reminds me of how we grow our ideas into beautiful results.



2015 09-19, 2885 - BENCH TIME - Now that the field has been expanded, I find myself spending a little more time than usual on the bench, appreciating the nature that unfolds in front of me. I take it in, hold it in my heart with gratitude and then breathe it out to expand what I feel.



2015 09-20, 2886 - STUMP LIFE - Old stumps that have taken on a life of their own are fascinating. They host a variety of living plants and insects. These little worlds can be missed by passersby. We also miss the richness that people from diverse backgrounds bring to life around us.



2015 09-21, 2887 - ROOTED - The tree attempted to set its roots in shallow soil which caused them to grow outwards on the surface of the land. One can see them clearly as they try to help keep the tree upright. People have the choice of changing their location.



2015 09-22, 2888 - THE OLD WAGON - An old wagon rests in a corner of the orchard where it was moved a few years ago. It is waiting patiently to be restored. Some might think that its life is over. I choose to see it as a symbol of hope for the future.



2015 09-23, 2889 - THE CRUNCH OF FALL - It's here, the sound that I wait for all year long: the leaves crunching under my feet on a crisp fall day. It is a time to reflect on past seasons and a time to anticipate changes that are occurring in all aspects of our lives.



2015 09-24, 2890 - GOLDEN SWIRL - The clouds seemed to create a golden swirl of motion as the sun set towards the west. I felt as if I could slip through this portal and become one with the great Cosmos beyond. It was a moment in time where everything connected in the golden swirl.



2015 09-25, 2891 - CROP CIRCLES - A small crop circle of mushrooms was growing in a magical design along the edge of the trail. It made me think of the much larger crop circles often found in wheat fields and I wondered about the grand design of the Cosmos.



2015 09-26, 2892 - SEED PODS - The milkweed pods are full and ready to cast their seeds in the wind ensuring that there will be new plants next year. We are all seedpods full of ideas that are ready to be sown on the winds of change.



2015 09-27, 2893 - FALL FLOWERS - Nature keeps us supplied with beautiful fall flowers up until the time the first killing frost hits the land. It is a time to enjoy and reflect and with gratitude focus on the season of change that is before us.



2015 09-28, 2894 - READY TO LET GO - The seeds on the wildflower are ready to let go and drift on the wind in search of a place where they can grow in the future. Our minds are much like that; for our ideas to grow into realities, they need to ride the winds of belief.



2015 09-29, 2895 - CLEARING AWAY THE UNDERSTORY - We recently cleared away the understory of a small area in the woods so that we can see around the large trees. The result is a view that we could not see before. Life has two views if we take the time to look.



2015 09-30, 2896 - AN EARLY FALL EVENING - Recently, on an early fall evening, I made the short walk from the orchard to the field at the height of the land. The world was still except for the beat of gratitude coming from my heart.



2015 10-01, 2897 - GOATBLOCK - Traveling along a rural road we saw cars in front of us slowing to a stop. As we got closer we could see that two goats were blocking the way. I wondered if these animals were placed there by a greater force to slow us down for some unknown reason



2015 10-02, 2898 - IN SEARCH OF BEAUTY - I constantly try to find hidden beauty that exists right in plain sight waiting to be discovered. This end-of-the-season fern bathed in sunlight is a work of art in nature.



2015 10-03, 2899 - EVENING MOODS - I watched the red sky and marveled at the different moods displayed in the brilliant colors dancing above my head. I was reminded by the constantly evolving scene that life moods do change and evolve.



2015 10-04, 2900 - BRAKE FOR TURKEYS - Lately on a back road in Maine I suddenly had to brake for a large flock of wild turkeys that blocked my way. I thought back to a time when there were no turkeys in upper New England and I was reminded how times have changed.



2015 10-05, 2901 - IN SEARCH OF COLOR - The colors of fall seem to blanket the mountain after the leaves in other places have already changed. I search daily to find little splashes of red and yellow, and I know that soon the wait will be over. Part of the joy of life is the search.



2015 10-06, 2902 - PIE TREE - The old tree with its growths on the trunk reminded me of a stand holding pizza pie shells. They looked ready for tomato sauce and cheese to be baked in an oven. Funny how nature often reminds us of other parts of our lives.



2015 10-07, 2903 - GORGEOUS GOURDS - Autumn is a gorgeous time of year and an opportunity to sample the fruits of nature. A gorgeous display of Gourds at the fair served to remind me of the wonders that surround us.



2015 10-08, 2904 - ACTIVE SKY - From my vantage point in a wide open space the sky seemed to dance over my head. My heart danced right along with the active clouds. I wonder how many people never take time to look up and watch the active sky.



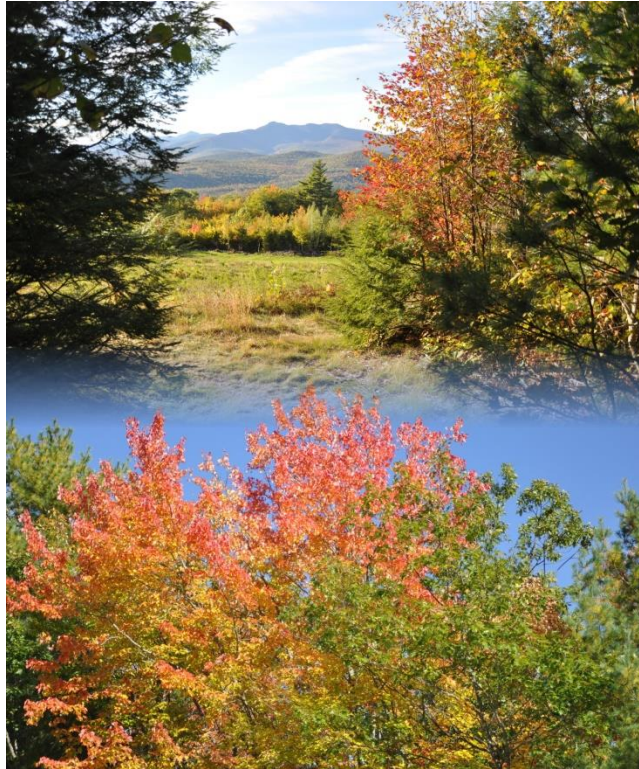
2015 10-09, 2905 - BACKWARD GLANCE - We jumped three deer when we drove into the orchard on a warm autumn night. One of them stood still in the middle of the trail, its neck twisted around so that she could get a backward glance of what she perceived as danger.



2015 10-10, 2906 - AN AUTUMN EVENING - As the last rays of the sun dropped behind the distant mountains; I watched the autumn colors fade in the waning daylight. I held the scene in my heart knowing that I could replay the feeling in days and years to come.



2015 10-11, 2907 - FALL BLEND - The seasons of fall change on a daily basis from blends of greens, yellows, oranges and reds until finally the hillsides are ablaze in their finest colors. Life is a constant blend of seasons all year round.



2015 10-12, 2908 - ANOTHER HEART SIGN - It seems as if I do a podcast on heart signs about once a month. That is because I keep discovering them in nature. To me it is an affirmation that I am not alone and the love of the Cosmos is watching over me.



2015 10-13, 2909 - SATURATED - The recent rains have saturated the earth to a point where no more moisture can be absorbed along the ledge trail. Sometimes people feel saturated to a point where they can hold no more. In time the mind, like the earth, will dry.



2015 10-14, 2910 - FALL BIRCHES - Birches are beautiful all year long, but there is something about the fall when their white bark stands out against the foliage of other trees and the ferns that cover the ground. I walk amongst them in gratitude.



2015 10-15, 2911 - ON TOP OF THE KANC - I drove into the scenic view area at the top of the Kancamaugus Highway and gazed at the landscape below. The hills were aglow with the colors of fall. Soon I would be on my way down into the valley as life continued on.



2015 10-16, 2912 - BLEND OF SEASONS - In a single picture you can see the blend of seasons from stark leafless trees in the higher elevations to fading foliage to brilliant colors in the valley below. Life is an ongoing blend.



2015 10-17, 2913 - BLANKET OF COLOR - The hills are alive and covering us with a beautiful blanket of fall colors. It is time to romp and play under the leaves before they fall to the ground. In life, as in nature, there is always an opportunity to play, whatever time of year.



2015 10-18, 2914 - CLOUDS HELP BRING OUT THE COLOR - The fall colors have been outstanding this year, but on a recent cloudy day the reds, oranges, and yellows really popped. Sometimes in life a few clouds help us connect with the beauty that surrounds us.



2015 10-19, 2915 - SNOW IN THE AIR - There is snow in the air. It covers the peaks of the highest mountains with a coat of white. We can watch the flurries from the top of our mountain as they drift by to the west. We have now been warned to be prepared.



2015 10-20, 2916 - FINDING A TOE HOLD - The grove of trees appeared to be hanging on by a toe hold as they somehow clung to the side of the steep cliff. I wondered how they kept from sliding into the valley below. I think many people feel as if they live life the same way.



2015 10-21, 2917 - RETURN OF THE GREAT WHITES - Snow has once again covered the tallest peaks of the White Mountains. This beautiful spectacle previewing winter is also a "heads up" to be prepared for what will soon be here.



2015 10-22, 2918 - INCREDIBLE NATURE - I never cease to be amazed at the nature I am surrounded with. Looking into the core of a milkweed pod, with its silk flowing in the wind, reminds me to seek out its amazing features. Nature is the essence of life.



2015 10-23, 2919 - GOING FOR A WALK ABOUT - The land often beckons me to go for a walk about. It is a chance to reflect, to communicate, and discover new and amazing sides of nature. I come back refreshed, rejuvenated, and full of gratitude.



2015 10-24, 2920 - AUTUMN TREATS - The landscape is filled with many treats for the mind, body, and spirit as we enter the "trick or treat" season transitioning into a leafless November. I was grateful to discover some of these autumn treats growing on the trail recently.



2015 10-25, 2921 - BARE TREES WARM GLOW - The stark contrast between the bare leafless trees and the warm alpine glow on the mountain creates a mid-late fall scene that I love to discover again for the first time every year. Life continues here in the mountains.



2015 10-26, 2922 - FOLIAGE FINALE - I stood at the top of the mountain in the fading light of day and watched the curtain call of the fall foliage finale. Soon encroaching rains will bring down the curtain of leaves. Now I wait with anticipation for the next act of nature.



2015 10-27, 2923 - A FALL ARRANGEMENT - Nature's shop was open again and I wandered through the beautiful natural arrangements that waited for my inspection. I marveled at the displays and photographed at will. Now this beautiful exhibit will stay with me in my heart.



2015 10-28, 2924 - MORNING'S PINK GLOW - The sun's first rays reflected off the clouds and onto the mountains across the valley creating a magical pink glow. It was worth my early morning sojourn in the cold to witness this beautiful scene. Now my heart glows with gratitude.



2015 10-29, 2925 - ANOTHER HEART- There it was, staring at me through the leaves littering the trail. It was another heart sign. My own heart sang a song of gratitude as I knew that something was giving me the thumbs up as I walked my path of life.



2015 10-30, 2926 - REFLECTIONS ON A BEAUTIFUL FALL - This has been one of the most beautiful fall foliage seasons that I can remember. It was colorful and lasted a long time. It was beautiful during its peak and it inspires my heart to reflect on all aspects of life.



2015 10-31, 2927 - SPOOKY TREE - The woods can be very scary to both adults and children who do not have an understanding of nature. Then again, many people become spooked when they encounter the unseen which their psychic minds suddenly reveal to them.



2015 11-01, 2928 - FROSTY COATING - Now that the leaves have faded in color and dropped from their branches, my focus turns to the advance of the next season. I love to see the frosty coatings on the plants that grow close to the ground. It is a magical scene.



2015 11-02, 2929 - KNEE BRACE - Sometimes trees that grow in shallow soil develop a strong root that extends out from the trunk in a right angle that helps brace the tree. These trees are often sought after for building because of the strength at the points of the angle. We are braced by our beliefs.



2015 11-03, 2930 - DRAMATIC LANDSCAPE - November is a time of drama. It is the pending conflict of two seasons trying to control the landscape that creates powerful skylscapes. Yet in all of the dramatics there is a sense of peace. There is a quiet knowing that guides us.



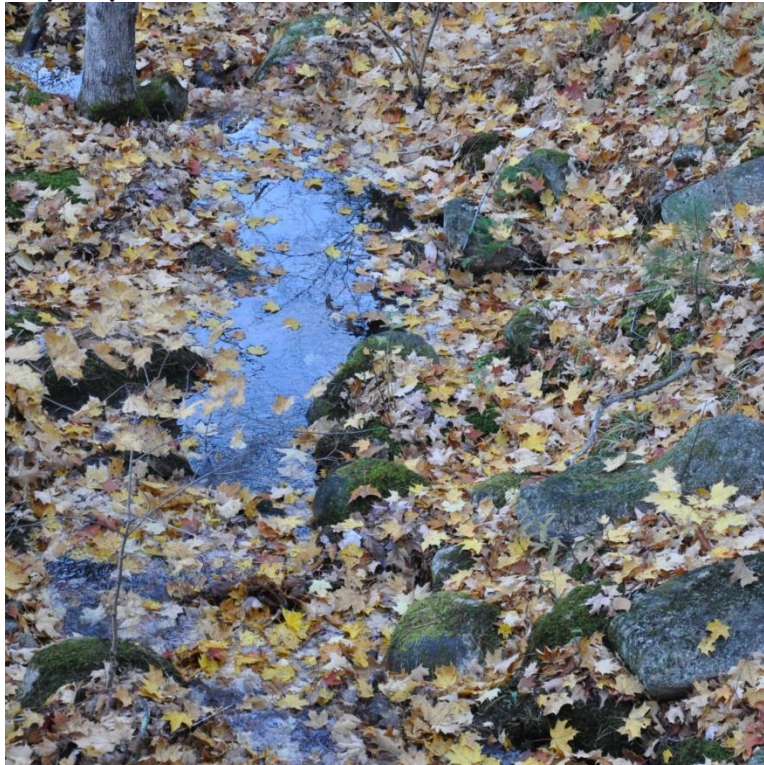
2015 11-04, 2931 - NOVEMBER CONTEMPLATIONS - November is a wonderful time to walk the stark landscape and let the mind drift off to times before and times in the future. Once the leaves have fallen, there is so much to discover again



2015 11-05, 2932 - THE TRAIL AHEAD - With the disappearance of the leaves the trail ahead is a little harder to follow. It is possible to see into the forest and lose perspective of where I am going. I am grateful for the signs nailed to the trees to guide me. The path leads onward.



2015 11-06, 2933 - WATER AND LEAVES - The water in the little brook flows down the mountainside through a golden carpet of new fallen leaves. I stop and observe this hypnotic scene and then move on about my day in an autumn trance.



2015 11-07, 2934 - THE BRONZE STAGE - The remaining leaves on the trees have now turned a brownish bronze color. As they fall to the ground they create a bronze carpet covering the forest floor. It is a beautiful stage of fall before the white stage covers the land.



2015 11-08, 2935 - OVER THE HILL - I could see the sky beyond the summit of the hill. I wondered what was there, so I hastened to the top to get a better view. I love the quest of discovering what is over the hill.



2015 11-09, 2936 - CLINGING TO A BRANCH - The moss seemed to be suspended in midair as it somehow clung to a branch, continuing to grow. Sometimes we feel the same way. Our belief in a purpose often helps us to hang on.



2015 11-10, 2937 - ROCKS HAVE STORIES TO TELL - Have you ever looked at or held a rock or stone and wondered how they evolved? Have you ever wondered how the stone got to where you found it? Rocks keep our minds active and connected.



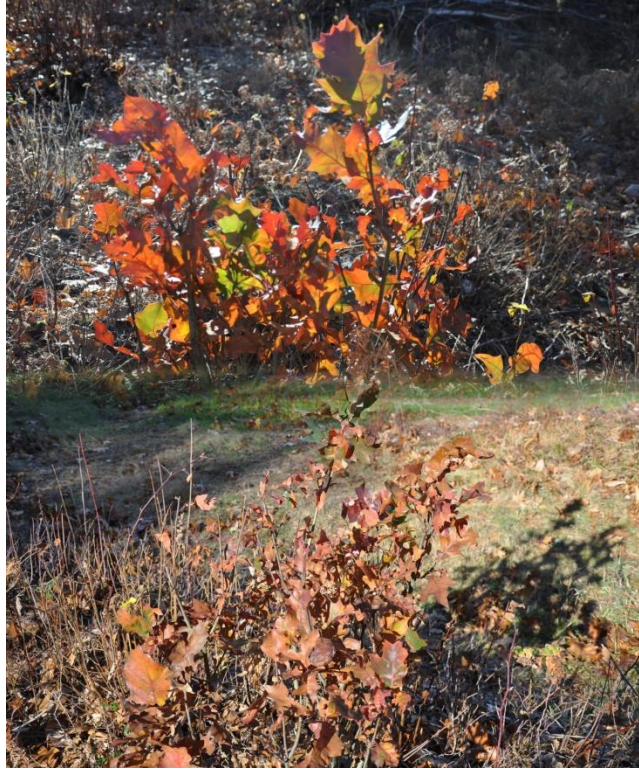
2015 11-11, 2938 - HINTS OF THE COMING SEASON - The cold wind on my face and the distant view of the snow-covered peak of Mt. Washington offer hints of the winter season to soon be upon us. It is a time to pay attentions and prepare.



2015 11-12, 2939 - AFTER THE LEAVES HAVE GONE - Now that the leaves have gone from the trees, I can see the bare naked mountains to the west. It is a time to prepare for winter and to begin the next journey into the inspiration of spring.



2015 11-13, 2940 - TWO VIEWS OF THE SAME SCENE - The sun was shining through the remaining leaves on the sprouts that had grown over the last year. From the other side of the same scene there was only dullness. Enlightenment comes to us in the second view.



2015 11-14, 2941 - FOR THE LOVE OF THE LAND - It was almost fifty years ago when this land stirred up a feeling deep in my soul. A part of me was home again. Today my wife and I are stewards of a very special place, but I feel the love is for the whole earth.



2015 11-15, 2942 - BETWEEN THE RAINS - Sometime overnight the rain ended, leaving a partly cloudy sky that reflected the rising sun's rays down onto the mountains to the west, giving them a beautiful pink glow. Soon the next round of rain came as my heart continued to glow.



2015 11-16, 2943 - SNOW FLURRIES - The other day I experienced the first snow flurries, an event that we had been anticipating for a couple of months. Some anticipate snow with positive excitement and some with negative dread. I was just grateful to witness the event.



2015 11-17, 2944 - DARK MOUNTAIN - The big mountain stood before me dark and foreboding. I wondered what it was trying to show the world. Was it a message from beyond, a warning of the coming ice and snow, or just the result of passing clouds?



2015 11-18, 2945 - CONTRASTING LIGHT - I stood in sunlight gazing out at the mountains beyond, most of which were in the shadows of the clouds overhead, and I noticed spots where light had filter through from above. I could see the contrasts between the light and dark of life.



2015 11-19, 2946 - NOVEMBER SUNSET - The sunsets in November seem far away as the evening show is almost out of view from the northwest, and yet there is a special glow in the sky as evening approaches that warms my heart.



2015 11-20, 2947 - BLUE ON BLUE ON BLUE - The photo captured more than my eyes had seen when I took the picture. When I looked at it later, I could see the different shades of blue layered on the mountains. There is usually more to life than we can see.



2015 11-21, 2948 - PEEKING INTO THE OPENING - When the sun sets in the fall of the year, I have a chance to peek into the opening into the earth that materializes across the valley. I wonder how many ancient shamans travelled into another dimension.



2015 11-22, 2949 - PLOWING LEAVES - The old road looked as if it had the fall leaves plowed to the sides, like after a winter snow storm. I was reminded that when we plow through life, our energy opens a swath where we have been.



2015 11-23, 2950 - FADING INTO THE CLOUDS -As the clouds drifted over the mountain peak, it faded out of view. Life is like that. At times we can see the way clearly, and at times our destination fades out of view. Fortunately our team has a spiritual GPS.



2015 11-24, 2951 - BEFORE AND AFTER - The remaining empty milkweed pod, with its plain beauty, inspired me to compare the before and after pictures of when it was releasing its seeds. There was beauty to be found in all its life cycles.



2015 11-25, 2952 - THE BARE ORCHARD - The orchard waits silently for the winter snow. Its grass has been cut and its fruits have mostly dropped from the trees' branches. It may be bare, but my heart is full every time I visit it. It is my passport to the Cosmos.



2015 11-26, 2953 - ON GRATITUDE - On this day of Thanksgiving I reflect on the gratitude I feel in my heart every day of the year and of the wonderful teaching of nature that I am so privileged to share. Thanksgiving can take place every day.



2015 11-27, 2954 - CRUNCH TIME - This is the time of the year when the temperature goes below freezing in the night and turns the standing water in the orchard into ice. Often the water underneath the frozen surface is absorbed by the ground. Then I crunch across it.



2015 11-28, 2955 - WOODS SERPENT - I saw it from a distance, this ancient serpent in the woods. When I approached, it vanished into an old log and a broken limb. I wondered about what I had seen. Was it real or was it just an illusion. I wonder as I wander.



2015 11-29, 2956 - LET THE FESTIVITIES BEGIN - Nature has started to celebrate the return of longer light by bringing brightness to the land. The candles are lighted on the small greens and the landscape is decorated in readiness for the season ahead.



2015 11-30, 2957 - LATE FALL WATERFALL - With the recent rain the tiny brook looked like a miniature river cascading down the mountain and over the log waterfall. I paused and for a brief moment became one with the nature surrounding me.



2015 12-01, 2958 - HEAVY SKY - The sky above looked as if it could fall at any time. It was actually a weather front moving over us. On this day we escaped, but on others the sky lowers and we are covered with rain or snow. It always pays to be aware in all aspects of life.



2015 12-02, 2959 - PINE GROVE - The young grove of pines growing beside the orchard was planted some twenty-five years ago by nature after the previous owner gave up on plans to plant more fruit trees. Now it is a spiritual and potential monetary investment in the future.



2015 12-03, 2960 - CUSHY CARPET - I walked on a cushy carpet through one of nature's rooms. I could see my footprints following behind me and I knew I was experiencing an elegant luxury that would soon be frozen for the winter, covered by a white carpet of snow.



2015 12-04, 2961 - BEFORE THE SNOW - Before the snow covers the land in a winter coat of white, I love to go in search of the greens that dot the forest floor. There are mosses and tiny plants and green mayflower leaves that bring great pleasure to my eyes and to my heart.



2015 12-05, 2962 - HOLEY TREE - The old dead tree, filled with holes created by woodpeckers searching for food, stands silently in the woods, a mere hollow hull of its past. Still, it has a prominent role in the total scheme of nature.



2015 12-06, 2963 - THE RETURN - We have been waiting for the return of the snows of winter. They are now covering the peaks of the mountains in the distance and it won't be long before we are caught in their icy grip. I wait with positive anticipation, not dread.



2015 12-07, 2964 - WARM DECEMBER DAY - The season has given us a wonderful gift of warm days and the chance to walk the land free from winter conditions. I cherish these days but I also look forward to finding the warmth in my heart when the weather is colder.



2015 12-08, 2965 - PERFECT HOST - The decaying trunk of an old tree on the forest floor provided a perfect host for life. It is just a part of a grand design that is easy to overlook as we search for our vision of perfection.



2015 12-09, 2966 - UNDER THE TOP LAYER - When the new clearing was created near the summit of the mountain, the top layer of soil was scraped away in a few places, revealing the solid granite underneath. Under our top layer exists our solid soul.



2015 12-10, 2967 - SEARCHING FOR THE OLD ROAD TO THE CEMETERY - Over a century and a half ago the family that lived on the land buried their dead in an old cemetery. The exact road to its entrance has disappeared. We are searching for a long forgotten story.



2015 12-11, 2968 - DREAM CATCHER - The little shed frame I recently purchased (over my wife's protests) represents a dream of a much greater barn to host artists, musicians, and workshops. The dream is real and the dream catcher helps remind me every day.



2015 12-12, 2969 - UNEXPECTED BOUQUET - I discovered a bouquet of dried flowers designed and delivered by nature at a time of year that was totally unexpected. The warm late fall season has brought many unexpected discoveries.



2015 12-13, 2970 - AMONG THE TALL PINES - There is a very steep area on the front of the mountain where the pines have grown tall. It is like walking through a different world that seems far away from the traffic that rushes past below.



2015 12-14, 2971 - FERNS IN DECEMBER - The brown ferns, now minus their life force, are still objects of beauty as they wait to be covered with a blanket of white as winter approaches. I am grateful for their still beautiful presence.



2015 12-15, 2972 - STONE STORIES - I imagine that every stone on the mountainside has a story to tell. Some seem to have shapes that cause me to wonder how they were shaped. Was it by human hand, some mystical force, or just a product of nature?



2015 12-16, 2973 - FROSTY OAK LEAF - A frosty oak leaf on the edge of the trail, still hidden from the sun's warming rays, caught my eye. I could see details in the leaf that I would have missed if they had not been outlined in white.



2015 12-17, 2974 - BLAND LANDSCAPE - The bland landscape unfolded in front of me as I gazed at the distant mountains. To the unaware observers it all looks the same. To those that see into the blandness, there is much to discover.



2015 12-18, 2975 - B & M LEDGE - Across the valley is a granite outcropping carved by nature that has been labeled the B & M Ledge after the Boston and Maine Railroad that passed nearby and I'm sure has transported its granite from quarrying the other side. The mystery is on this side.



2015 12-19, 2976 - QUARTZ POWER - There is a belief that quartz crystals have mystical and/or healing powers. If that is the case, the mountain is a virtual powerhouse. I know that a lot of people feel energy there. Perhaps they are connecting to the Cosmos.



2015 12-20, 2977 - FROM THE SAME ROOT - In the process of trying to survive in the dense forest the old tree grew a large root that sent out new trees. Nature provides examples of how our soul searches to survive on its journey.



2015 12-21, 2978 - ALL JUMBLED UP - Our favorite walk along the ocean has gotten overgrown and all jumbled up by invasive plant species. There is now a move to clean out the jumble. It reminds me of how our thoughts can be jumbled up when invaded with doubts.



2015 12-22, 2979 - IN SEARCH OF THE WHITE STUFF - Instead of heading toward the mountains in search of the white stuff we headed for the sea, and there we found waves turning to white foam they crashed on the rocks. Our minds felt clear again.



2015 12-23, 2980 - HOLIDAY BRIGHTNESS - On the first day of winter and the shortest day of the year the landscape still has natural brightness to contribute to the holiday season. I paused for a moment on a recent coastal walk and enjoyed some remaining wild rose leaves.



2015 12-24, 2981 - HOME FOR THE HOLIDAYS - We enjoy being home for the holidays. We love to walk the land and discover what nature teaches us. Yet, home is something greater than the physical. To me it is being surrounded by love and that is my wish for you.



2015 12-25, 2982 - A WISH FOR PEACE - On this day when many people celebrate Christmas we would like to extend the wish for peace. Peace starts with gratitude in one's heart and when it is combined with love for all others, the world can change.



2015 12-26, 2983 - VISITING A FANTASY WORLD - Recently we took a tour of a beautiful old Victorian Inn, Rockmere, situated on the Marginal Way in Ogunquit, Maine. It was decorated for the holidays and created a fantasy world of the past that became real. Thoughts are real.



2015 12-27, 2984 - WATER DROPLETS - There is something magical about rain droplets of water clinging to red berries. It reminds me of the song "My Favorite Things" and is one of my favorite things to find in nature. Nature is a magical place.



2015 12-28, 2985 - BEYOND THE MIST - As the fog began to roll in, it created a misty veil of semitransparency where one could see the vague outline of the buildings along the shore. Our ability to see beyond the mist creates another dimension to our realities.



2015 12-29, 2986 - JUST BEFORE THE SNOW ARRIVES - It is almost the beginning of a new year, and it is just before the first snow arrives. I walked one last snowless walk and thanked the land for all it has to teach me. Now I will appreciate it differently until spring.



2015 12-30, 2987 - BLANKET OF WHITE - Finally, the change that everyone has been anticipating, some with apprehension, some with positive anticipation, has arrived. A blanket of snow covers the valleys and mountains. Life and the seasons of nature change.



2015 12-31, 2988 - LOOKING DOWN ON A GRANITE LAKE - I looked down on a worn section of soil in the clearing and saw a granite lake outlined by moss. My mind went on an adventure as I sailed the world below. There is always an adventure for a seeker.

