

Message from the Mountain
2008

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2008 01-01, 0082 - HAPPY NEW YEAR - As 2008 begins, it is a wonderful time to set goals for becoming in tune with our life purpose preparing for the exciting times that are ahead over the next four years.

2008 01-02, 0083 - A CLEAN SLATE - This is the time of year that people make resolutions and plans for the future. Unfortunately many give up after a short time. Every day (and every moment) in time provides an opportunity for a clean slate. Just as the buds have already been set on the spring flowering plants and trees, you are also planting seeds for the future as you become in tune with your soul purpose.

2008 01-03, 0084 - LOOKING FOR DAYLIGHT - This time of year I find myself keeping close track of daylight. I study the weather report to see if we have in fact extended it another minute or two since the day before. When you look around you, there is daylight to be discovered as you progress along your soul's journey.

2008 01-04, 0085 - PERMISSION TO SUCCEED - Many people find it much easier to fail than to succeed. Failure is familiar, and they may fear risking success. It is OK to give yourself permission to be guided by your team and accept success on your soul's journey.

2008 01-05, 0086 - A SINGLE TREE IN THE FOREST - You are like a single tree in a forest of millions of trees. You are unique, and there is no other person like you, just as every tree in the forest is unique.

2008 01-06, 0087 - YOUR MENTAL DNA, PART 1 - SEEING - This is the first in a 5-part series on understanding the Nature of Your Being. This message focuses on your visual sense.

2008 01-07, 0088 - YOUR MENTAL DNA, PART 2 - HEARING - This is the second in a 5-part series on understanding the Nature of Your Being. This message focuses on your hearing sense.

2008 01-08, 0089 - YOUR MENTAL DNA, PART 3 - KINESTHETIC - This is the third in a 5-part series on understanding the Nature of Your Being. This message focuses on your kinesthetic sense. (The Nature of Your Being - The Kinesthetic Sense)

2008 01-09, 0090 - YOUR MENTAL DNA, PART 4 - SMELL - This is the fourth in a 5-part series on understanding the Nature of Your Being. This message focuses on your sense of smell. (The Nature of Your Being - The Sense of Smell)

2008 01-10, 0091 - YOUR MENTAL DNA, PART 5 - TASTE - This is the last in a 5-part series on understanding the Nature of Your Being. This message focuses on your sense of taste. (The Nature of Your Being - The Sense of Taste)

2008 01-11, 0092 - THE POWER OF YOUR MENTAL DNA - Your mind is very powerful, and using your mental DNA to its fullest capabilities can help you achieve positive goals as you follow your soul purpose.

2008 01-12, 0093 - JANUARY THAW - It has been a wonderful week here in New Hampshire with temperatures far above normal, providing a hint of what will be coming in a few months. In the meantime we can keep feeling hints of spring in our minds as we endure the cold of winter.

2008 01-13, 0094 - CHANGING PATTERNS - We are stuck with the patterns of the weather as long as we stay in a specific area. We can change the patterns of our life with universal unconditional love.

2008 01-14, 0095 - CONTEMPLATIONS ON A WINTER MORNING - Another snowstorm is unleashing its wintry load on NH. As I watch the flakes dissolve in the brook, I wonder where the drops of liquid will wind up. There is always an adventure waiting to happen if we take the time to contemplate and dream about it.

2008 01-15, 0096 - STARTING OVER & OVER AGAIN - Another snowstorm, and another chance to make peace with winter. We shovel the walks again and pile up the snow waiting for the next wave to hit us. Life can be like that in many ways, always trying to get ahead and falling further and further behind. Yet there is hope and beauty of the changing seasons to come that can help us persevere.

2008 01-16, 0097 - A TIME TO DREAM - The middle of the winter is a wonderful time to make plans and dream of spring. These plans could help be a way to help you become in tune with your soul's purpose.

2008 01-17, 0098 - REWIRING FOR THE FUTURE - How are you readying for the next four years leading to 2012? I have found that it is necessary to prepare myself mentally, spiritually, physically and emotionally for the transition. Each one of us will have our own course to follow, and the Universe is ready to help guide you.

2008 01-18, 0099 - TAKE A FRESH BREATH - When I haven't been able to get out on the trails for a few days, I realize how important it is to stop and take a deep breath of fresh air. Whenever you are caught up in Life, stop and take a breath of fresh air, if only in your mind.

2008 01-19, 0100 - PODCAST #100 REFLECTION - Podcast 100 is a good time to reflect on the original purpose of Message From the Mountain and reaffirm my belief that these messages are presented by a Universal Force for each of you to consider.

2008 01-20, 0101 - BE AWARE OF YOUR ASSIGNMENT - Just as our winter travel is often planned around the weather, the Universe coordinates our life plans. If you are aware that you are always on assignment, it can help make your soul's journey a rich and exciting one.

2008 01-21, 0102 - CAUGHT IN A LOOP - It may seem that this time a year you are caught in a loop of repeating actions dealing with winter. The loop is constantly changing and expanding if you choose to see it. So too is your life constantly changing and expanding as you follow your soul's purpose.

2008 01-22, 0103 - BEING IN THE RIGHT PLACE - Do you wonder if you are in the right place in your life? Many people are where they don't want to be and do not consider that they may be where they are for specific reasons to help others. As you become in tune with your soul's purpose, you will realize that you are placed in the right place at the right time.

2008 01-23, 0104 - GETTING A LITTLE HELP - Sometimes we all need a little help to wind up with positive results. I recently needed a little prescription to help me overcome an infection in my lungs. We have Universal help with us if we choose to accept and expect it.

2008 01-24, 0105 - HIDDEN REALITIES - Many realities go with you to help guide you and your soul purpose that are not always experienced on the conscious level. Do you pay attention to them?

2008 01-25, 0106 - HOPE - How do you find hope? What speaks to you when there doesn't seem to be any? I believe the Universe can give us the opportunity to have hope as we move along our soul purpose path.

2008 01-26, 0107 - TRUST AND BELIEVE - One of my positive affirmations is TRUST AND BELIEVE. They are part of the basis that helps me move forward in life.

2008 01-27, 0108 - YOU CAN CHANGE YOUR VIEW - If you find yourself viewing life in a way that just doesn't feel right, you have the strength of the Loving Universe waiting to help you make the change.

2008 01-28, 0109 HOW ARE YOU PREPARING? - How are you preparing for your role in the future? Are you working with the mind, body, spirit, and emotional parts of yourself?

2008 01-29, 0110 - BREAKING TRAIL - I am fortunate that there are people who walk and snowshoe our trails, and usually by the time I am ready, the path through the snow is already packed and easy to hike. The Universe often breaks trail for us, making it easier to be in tune with our purpose.

2008 01-30, 0111 - KEEPING TRACK - This time of year it is easy to keep track of the animals that wander in and out of the woods by the tracks in the snow. There are also indicators along the pathway of our souls that show us we are on the right trail.

2008 01-31, 0112 - HAPPINESS - I love being out in nature. It makes me happy, and I try to carry that feeling into the rest of my day. What makes you happy?

2008 02-01, 0113 - TURNING ANOTHER CORNER - Today we enter the second month of 2008. This should be an exciting year full of changes. We are all turning corners in our lives.

2008 02-02, 0114 - WE ARE NOT ALONE - When I am alone in nature, I am usually aware that I am not far from civilization. So too in life, we are never alone even though we may feel isolated. The power, love and guidance of the Universe is always with us.

2008 02-03, 0115 - WIND IN THE PINES - When I approach the summit, sometimes I am greeted by the loud sound of the wind as it blows through the pines. We have many different winds that blow through our lives. Some are strong and others are soft. Many you be in tune with these often changing currents.

2008 -2-04, 0116 - CHOOSING YOUR PATH - I have several choices of paths that I can walk each day. So do you as you walk the pathway of your soul's purpose.

2008 02-05, 0117 - DIFFERENT CONDITIONS - There are many types of snow conditions here in the mountains, ranging from light to wet and heavy. We also encounter many different conditions as we follow our life path. Universal love can help us continue.

2008 02-06, 0118 - ABOVE THE CLOUDS - It's another cloudy and snowy day here in New Hampshire with no rays of the sun in sight. Yet I know that above the clouds the sun is shining. Remember that the love of the Universe is also shining above the clouds in your life and will soon breakthrough in beautiful rays to wash over and around you.

2008 02-07, 0119 - THE SINKING LOG PILE - There is a massive pile of saw logs on the property that was abandoned by a previous owner. The potential of creating many boards to build houses was never realized. At the same time as the log pile rots and sinks into the ground, it has become home to many insects and animals. It still has value to the environment.

2008 02-08, 0120 - ABANDONED DREAMS - Many people have tried to work and settle the land only to give up and move on. At the same time all of their efforts have become part of the environment. All of your old dreams are still part of your landscape.

2008 02-09, 0121 - BEING IN THE RIGHT PLACE AT THE RIGHT TIME - Do you wonder if you are in the right place in your life? Many people are currently where they do not want to be and do not consider that they might be where they are for specific reasons to help others. As you become in tune with your soul's purpose, you will realize that you are placed in the right place at the right time.

2008 02-10, 0122 - PILING IT ON - More snow. It just keeps piling up. Many of us feel the same way about life. Things just keep piling up. Remember, spring and hope are in the near future.

2008 02-11, 0123 - THE MASTER PLAN - We have a master plan for the woodland that is updated from time to time. I also believe that we all have a master plan for our soul, and it is updated every lifetime.

2008 02-12, 0124 - FREEDOM - For me Nature symbolizes freedom. I love being able to look out over the land or the vast ocean that seems to go on forever. The same is true in looking towards the heavens on a starry night. That freedom is always there for you when you reach out to the loving energy of the Universe.

2008 02-13, 0125 - HOLDING PATTERNS - Many people are currently trying to make moves in their lives and feel they are being held up by something. It is as if we are all in a holding pattern waiting for our next assignment. Patience, trust and belief in the Universe will help us wait until it is time.

2008 02-14, 0126 - ROUTINES - We all have routines that we follow. One of mine is my walk and another is doing the podcast. One of the best routines we can have is staying in contact with positive universal energy.

2008 02-15, 0127 - LIFE GOES ON - Life goes on in Nature regardless of the weather conditions. It does for all of us, and there is always an adventure waiting in the next moment, especially when you are aware that you have a soul purpose.

2008 02-16, 0128 - YOUR NEXT ADVENTURE - Every time I step foot into Nature there is always an adventure waiting to happen. The sights, sounds, and smells bring my senses alive. So too in life, the next moment has the potential of an adventure as you follow your soul's purpose.

2008 02-17, 0129 - EARLY INFLUENCES - I remember nature stories being read to me in school and at home that influenced my love of nature. What influenced you early in your life and how does this come into play as you journey along your life map?

2008 02-18, 0130 - LIFE STORIES - Each one of you has a life story that could be shared with others to help them gain perspective as they travel on their soul's journey.

2008 02-19, 0131 - ANOTHER DAY, ANOTHER ADVENTURE - Every time I set foot into Nature, it is a new adventure. Your next adventure on your soul's journey is about to begin.

2008 02-20, 0132 - TOTAL ECLIPSE - Last night the moon experienced a full eclipse. It was impressive to watch. We are often eclipsed by others' negative energy but if we reach to the unconditional love of the Universe it will soon shine through the darkness.

2008 02-21, 0133 - FEEDING THE BIRDS - It is interesting to observe the patterns of birds at the feeders. After a storm they can disappear until another brings them back again. They are constantly searching for a food source. Our source of soul nourishment is the loving energy of the Universe.

2008 02-22, 0134 - SELF TALK - Walking the trails, I often have a conversation with myself. It is very easy to get into a negative conversation. I rely on the Universe to be a positive balance.

2008 02-23, 0135 - PATTERNS - There are many patterns to observe in nature. We also follow patterns in our lives. The Universe can help keep our patterns positive as we journey along our soul's path.

2008 02-24, 0136 - IT'S KARMA - Do you know what Karma is? It is unresolved issues from your past. That past may cover many lifetimes.

2008 02-25, 0137 - USE YOUR GIFTS FROM THE PAST - You were born with special abilities that have been shaped by your life experiences. Do you know what they are?

2008 02-26, 0138 - A GOOD PAIR OF BOOTS - A good pair of boots can make a difference in how you experience winter. In life it is also important to feel the comfortable warmth of the loving Universe.

2008 02-29, 0139 - PASSING IT ON - We are passing on energy every time we speak, think, or breathe. That energy can have a strong effect on others, both positive and negative. What kind of energy do you pass on?

2008 03-01, 0140 - MARCH MADNESS - It is the first day of March, a time to anticipate spring, even though there are several weeks of winter left. It is a time to feel joy and celebrate the upcoming change of seasons.

2008 03-02, 0141 - LOOKING OUT THE WINDOW - What do you see when you look out your window? Do you have a pleasing view of your life? You have the opportunity to change your view if you open to the guidance of the loving Universe.

2008 03-03, 0142 - MARCH WINDS - The March winds are blowing here in the foothills of the White Mountains. Yet, the sun is warm. The loving energy of the Universe can help you find shelter from the "winds of life".

2008 03-04, 0143 - WARMING TREND - Now that the sun is getting higher each day, it provides more warmth to the earth's surface. It is time to look forward to the melting of the snow. There is always warmth in the Universe's loving energy.

2008 03-05, 0144 - RELIEVING THE WEIGHT - This has been the year to shovel the roofs to release the heavy weight of the snow. Unfortunately many acted too late, and their buildings have collapsed. Fortunately the loving energy of the Universe can help relieve the weight of life.

2008 03-06, 0145 - SPRING PLANNING - This is the time of year when people go to home, garden, boat, and camping shows to plan out their summers. It is also time to consider the plans for your soul's journey.

2008 03-07, 0146 - CABIN FEVER - This is the time of year when people are feeling the urge to get out of the house and get involved in life again after the hard winter. What is calling you?

2008 03-08, 0147 - TRACKING SPRING - This is the time of year when I begin to look for the melting snow on the sunny side of a hill. The receding snow reveals more grass every day. It is the time of year when you can feel the movement of energy stirring inside yourself.

2008 03-09, 0148 - HOPE SPRINGS ETERNAL - Less than two weeks to spring according to the calendar. It is a season filled with hope. When you connect to the loving energy of the Universe hope springs eternal.

2008 03-10, 0149 - MOVING A MOUNTAIN - I had a relative back a hundred years ago who actually moved a mountain by working night after night until the sun shone later in the day on the place where he lived. It took dedication to achieve his purpose and the willingness to move one rock at a time. You too can move a mountain if you choose.

2008 03-11, 0150 - CHANGING THE MESSAGE - Thoughts are a form of reality. When we have negative thoughts, we can create negative energy within ourselves. Thoughts can affect our entire being.

2008 03-12, 0151 - SOURCE OF POWER - 150 years ago water was the source of power that ran the bark mill that used to exist near our house. It was used seasonally, as spring was the time when the water flow was the heaviest. Your power is with you all the time to propel you along your soul's journey.

2008 03-13, 0152 - OUT OF HIBERNATION - Soon the animals that hibernate for the winter will be coming out of their dens. We are also coming out of hibernation and joining in life again. This is a time when your soul is becoming aware of its ancient assignments.

2008 03-14, 0153 - THE UNEXPLAINABLE - How do you explain the unexplainable? We have experiences in our lives all the time all the time that are real but there is no scientific explanation as to how they occurred. What's your answer?

2008 03-15, 0154 - BUMPS IN THE ROAD - One of the rites of spring is encountering many bumps in the road. They are known as frost heaves. They appear every year as the frost works its way out of ground, and you need to drive slowly. Life has many bumps in the road also.

2008 03-16, 0155 - RUSHING THE SEASON - It is tempting this time of year to rush the season, expecting it to be warm and spring-like every day. Winter may have other ideas. We also try to rush our lives along which can take us off course on our soul's journey.

2008 03-17, 0156 - COLLECTING THE SAP - Another rite of spring is collecting maple sap to make syrup. It takes 40 gallons of sap to make one gallon of syrup. If you don't gather your creative energy when it is flowing, others will never enjoy it.

2008 03-18, 0157 - SPRING - It arrived in the night although you wouldn't know it by looking outside. Yet there is hope now that winter will soon depart. There is also the opportunity to hope and plan in our lives. It's spring!

2008 03-19, 0158 - HOT AND COLD - This time of year the temperature can be warm some days and cold the next as winter and spring clash. The same is true in our lives. We can find balance through Universal loving energy.

2008 03-20, 0159 - NATURE'S WAY OF PRUNING - Nature has several ways of pruning trees to help make way for new growth. This time of year strong winds blow down debris and even whole trees that are weak and unable to stand up to the force of the gale. The Universe has of way of pruning and shaping us as we travel along our soul's map.

2008 03-21, 0160 - BOILING DOWN THE SAP - It takes 40 gallons of maple sap to make one gallon of maple syrup. To accomplish your best work it sometimes takes patience to boil down the ideas that are given to you by the Universe.

2008 03-22, 0161 - CHANGING SEASONS - The seasons are changing. To get a glimpse of warmer weather people from this region go South. We can always change our seasons by asking for Universal guidance.

2008 03-23, 0162 - MUD SEASON - We are about to enter mud season here in the White Mountains. It is a time when one needs to watch out that they do not get stuck. We also need to be aware of getting stuck as we travel our life map.

2008 03-24, 0163 - BRINGING THE OUTSIDE IN - This time of year people often cut branches of pussy willows and other flowering trees and bring them inside, placing them in water to force the blooms. We can surround ourselves with reminders of the outdoors to help ourselves escape to a season ahead and find peace of mind.

2008 03-25, 0164 - SUGAR SNOW - This time of year maple syrup dripped over a fresh coat of light snow tastes mighty good. It is possible to have a pleasant experience when we combine the adversities and interruptions of life with the synchronicities of the journey.

2008 03-26, 0165 - A BREATH OF SPRING AIR - Finally the air outside smells of spring. It is damp, heavy, and yet crisp. You can always get a breath of spring air when you pause and reach out to the Universe.

2008 03-27, 0166 - PLANNING YOUR GARDEN - This is the time of year to plan. Many of us are thinking of our gardens, either vegetable or flower. It is also time to plan your soul's garden that will bring pleasure to those who visit it.

2008 03-28, 0167 - IT'S TIME TO START - Now is the time to take the steps necessary to become in tune with your life purpose. It is a time to honor your sacred contract with the Universe.

2008 03-29, 0168 - COMMITMENT - After you have decided on a plan, you need to make a commitment to have it become a reality. If you truly believe in the project and for the good of others, the Universe supports your commitment.

2008 04-01, 0169 - MORE ON COMMITMENT - It is very easy to give up when the going gets harder. That is the time to turn to your belief in your original purpose and ask the Universe to help guide you in the right direction.

2008 04-02, 0170 - LAYING OUT A TRAIL - When we lay out trails in the woods, we go from Point A to Point B using flagging tape to help us stay on track. You have a wonderful guidance system with you to help you lay out your life course.

2008 04-03, 0171 - REMEMBER TO FEEL JOY - As we move forward on our life plan, it is easy to forget to include joy in our sacred purpose. May you feel and spread joy.

2008 04-04, 0172 - SACRED PARTNERSHIP - As you move forward on your goals for the future, you may want to consider that you are a part of a sacred partnership. You have the resources to help you reach your soul's potential.

2008 04-05, 0173 - TRUSTING YOUR INNER VOICE - You have an intuitive voice that speaks to you from within. It can take courage to let this voice find its way outside to help others.

2008 04-06, 0174 - KEEP AN OPEN LINE - How often do you communicate with the Universe? I try to keep an open line so I am constantly aware of the support that is there for me.

2008 04-07, 0175 - OUR CONNECTION - We have a connection to everything in the Universe. If we are aware of this, it helps keep our line open to the energy that helps guide us as we travel our life map.

2008 04-08, 0176 - EXISTING TOGETHER - Many species of trees exist in the forest together, all relying on the air and water that nature provides. There are many different beliefs in the world that rely on the same sense of goodness.

2008 04-09, 0177 - THE PUSH IS ON - Nature is moving into spring by pushing its energy up through the plants and trees. Buds are forming and getting ready to send forth leaves and flowers. We are feeling the same push from the Universe. It's time to let your leaves open to the good of others.

2008 04-10, 0178 - TIME TO CHANGE YOUR WARDROBE - Now that the weather is warmer, the old winter clothes have become heavy. It's time to get out the lighter spring and summer wardrobe. It is also time to shed the burden of carrying extra weight on your soul's journey.

2008 04-11, 0179 - A PART OF THE MOVEMENT - As I watch the water in the brook rush past, I am reminded that we are all part of an unconscious movement currently sweeping across the world. It is a movement that reconnects us to the positive energy of the Universe.

2008 04-12, 0180 - CHANGING CONDITIONS - Weather conditions change from location to location and minute to minute here in the White Mountains. It is good to be prepared when going for hike. Life conditions can also change. Your connection to the loving energy of the Universe can also help you be prepared.

2008 04-13, 0181 - SINK HOLES - As the frost comes out of the ground it creates sinkholes that can suddenly swallow up the tire of a vehicle as it drives over the spot. We can get caught in life's sinkholes when we do not pay attention to where we are treading. We do have a guidance system to help us navigate if we choose to use it.

2008 04-14, 0182 - HARNESSING THE ENERGY - The old mill on the property used the spring runoff to power the grinding wheel. The Universe has a lot of energy that can get blocked as it tries to pass through you. It is time to be in tune with it, mind, body, spirit, and emotion.

2008 04-15, 0183 - BEING PATIENT - Even though I know better, it is often hard for me to be patient. I expect to have everything go perfectly. The real perfection is the clockwork of the Universe.

2008 04-16, 0184 - SILENT TALK - My walk in nature provides the opportunity to hold a conversation with the Universe. It is a time when I can ask for help and guidance and be thankful for the miracles in my life.

2008 04-17, 0185 - TRANSITIONS - So far, the transition between winter and summer is going smoothly. There has been no major flooding. We are also in a transition in our soul's progress as we prepare for a time of renewed positive growth.

2008 04-18, 0186 - COMPANY ON THE TRAIL - Recently I was in the company of a large bull moose on my walk. When he objected to my being there, I changed my route. You are always accompanied by your loving team that is ready to help you achieve your soul's purpose.

2008 04-19, 0187 - A SPIRITUAL ENERGY PACK - I use almonds and raisins to give my physical energy a boost when I need it. I connect with the Universe's loving energy when I need a spiritual energy boost.

2008 04-20, 0188 - GRATITUDE - I am very grateful for being able to walk the trails. I am also grateful for many things that have happened in my life that I wasn't grateful for until later.

2008 04-21, 0189 - CARING FOR THE EARTH - Today is Earth Day, a time to review, plan and take an action to help improve the quality of the environment. Care for the environment begins with nurturing the nature within us all.

2008 04-22, 0190 - NATURE COMES TO LIFE - Nature is coming to life again as the spring warmth melts the last of the snow. It is a time for new growth and new birth. It is a time for us to rejuvenate ourselves for the next part of our soul's journey.

2008 04-23, 0191 - KEEPING A SCHEDULE - It's hard to maintain a schedule. There is always something happening to throw you off. Your belief in your purpose can help keep you on track.

2008 04-24, 0192 - PRAYERS - It is great to be able to record live on the mountain. It is a powerful experience when you communicate with the Universe from a special place. Communicating is my way of praying.

2008 04-25, 0193 - YOUR INNER TRUTH - Just as there is a natural balance in nature, there is also an inner truth inside of each of us. When we listen and act upon it, we are in tune with our soul's purpose.

2008 04-26, 0194 - NATURE'S MAGIC WAND - If I took a series of photo from the same spot on the mountain, they would show the magic of nature as it waves its wand over the landscape. They would illustrate the constant change from season to season that takes place right in front of me. I believe the Universe also has a magic wand that can help us as we travel through our life map.

2008 04-27, 0195 - A DIFFERENT VIEW - When I walk a trail that follows the top of a ridge, I am constantly getting a different view of the same thing. You can get a different perspective of life situations by going to a place in your mind that allows you see things differently.

2008 04-28, 0196 - DISCOVERIES - There are so many things to discover as I walk the trails for the first time without snow this spring. I find that many people are now discovering the messages in their souls that are pushing them to be in tune with their life purpose. How about you?

2008 04-29, 0197 - SOFTNESS - The ground was soft and silent today as I hiked along the trail. It was still damp from yesterday's rain. We can find softness in life by reaching out to the gentle love of the Universe. By doing this, it can help us get through hard situations.

2008 05-01, 0198 - MAY -The first of May brings back many memories of hanging May baskets as a child. The word "may" is a word that I often in my life. I ask the Universe that I "may" follow the route of my life's purpose.

2008 05-02, 0199 - SIGNS & SYMBOLS - Many people look for signs and symbols to help guide them through life. They believe that they are getting affirmations from their team that they are on the right path. Do you use signs and symbols in your travels along your life map?

2008 05-03, 0200 - PODCAST #200 - Five minutes a day adds up. That's over 16 hours for 200 podcasts. Imagine what five minutes of communicating with the positive energy of the Universe can do for you over time.

2008 05-04, 0201 - A DIFFERENT PATH - This podcast is coming to you from the Marginal Way in Ogunquit, Maine. It is a place we come every year to celebrate spring. Even though I am not in the mountains I still feel an ancient connection to the Universe.

2008 05-05, 0202 - NAVIGATING THE WATERS OF LIFE - Today a thick layer of fog and rain blocks the ocean view. If you were out in it, you would need a good navigation system. Fortunately you have one that can help you as you sail the waters of life.

2008 05-06, 0203 - ON A CLEAR DAY - On a clear day at the ocean it seems as if you can see forever. We can always have a clear vision as we reach out to the Universe for guidance. All you need is the patience to let the images come to reality.

2008 05-07, 0204 - CHANGE ISN'T ALWAYS EASY - Even though we are over a month into spring, winter still tries to hang on in the higher elevations. Changes aren't always easy, especially when it comes to becoming in tune with your soul's purpose.

2008 05-08, 0205 - DIVINE INSPIRATION - Once we feel the energy of divine inspiration, it is our choice to let it become a reality by opening ourselves to the guidance of the Universe to help it happen.

2008 05-09, 0206 - WE ARE ALL FAMILY - It is great to chat with old and new friends every day. After all, we are all part of the same universal family.

2008 05-10, 0207 - WHAT IS YOUR VALUE - We are all very value conscious. We accumulate items that are valuable. You also have an inner value. If you do not share it, what is it worth?

2008 05-11, 0208 - INCREASE YOUR VALUE - Once you have found that you do have an ability that is valued by others, you have the choice of increasing the value by putting it to use. This value may be part of your soul's purpose.

2008 05-12, 0209 - MORE THOUGHTS ON PURPOSE - I am always thinking about my soul's purpose. I knew when I survived from being hit by a car that I was alive for a reason. How about you? Are you thinking about yours?

2008 05-13, 0210 - FORECASTING THE FUTURE - The weather is often hard to predict. We try to make our plans several days in advance according to the forecast. We also go to psychics to predict our future. In this case we can play a role in the potential outcome.

2008 05-14, 0211 - GIVE IT A CHANCE - The apple trees need some help this time of year. Some insects that want to sap them of their life force. To give them a chance I dismantle the webs so the blossoms can grow. Are you giving yourself a chance to let your gifts flower?

2008 05-15, 0212 - MAKE THE EFFORT - It is often discouraging to get out into nature. There seems to always be an obstacle. This time of year it is the black flies and ticks. It takes an effort to actively walk the path of your soul's purpose.

2008 05-16, 0213 - THE REWARDS - Once you have made the effort to get out into Nature, you may be the beneficiary of several rewards, such as peace of mind and a new view of a personal situation. The greatest reward is what comes back to you as you feel the Universal love that Nature can provide.

2008 05-17, 0214 - ONE STONE AT A TIME - To move a mountain it takes the willingness to move one stone and boulder at a time. We all have mountains that need moving.

2008 05-18, 0215 - SEEING 3RD & 4TH DIMENSIONS - Today the mountains stood out in 3D. It was if I could place my hand in between each range. Can you see into the dimensions of your life?

2008 05-19, 0216 - BEAUTIFUL ENERGY - One of the benefits I receive from walking the land is the beautiful energy I feel when I am on my walk. That energy is wherever you are if you are open to it.

2008 05-20, 0217 - A SMILE - As I walk along in Nature I often find myself smiling at what I experience. I try to keep that smile for the rest of my day.

2008 05-21, 0218 - POLLINATING THE BLOSSOMS - The forest and orchards are alive with beautiful blossoms this time of year. Before the trees can bear fruit, they need to be pollinated. Do you open your beautiful flower to be pollinated by the Universe?

2008 05-22, 0219 - IN THE CALM - Today the breezes are calm, and there is peace where sometimes is a restless wind. Remember, there is always a calm place in your mind that connects you to the Universe.

2008 05-23, 0220 - THE RIGHT LIGHT TO GROW IN - Some plants do well in the shade while others need bright sunlight. Unlike plants, you have the opportunity to move if you are not in the right growing space.

2008 05-24, 0221 - HIDDEN BEAUTY - There is a lot of hidden beauty in Nature. We may never discover some of it. Then again, what hidden beauty do you have that is now time to let come into full view?

2008 05-26, 0222 - MEMORIAL DAY - Today is the day we salute and remember all those who have made the sacrifice to keep our country free. It is because of this that you now have the opportunity to let your gifts and talents be used to help others on their soul's journey.

2008 05-26, 0223 - HOLD THAT THOUGHT - I have many thoughts on the trail that I can't remember later in the day unless I find a way of holding them. I could write them down when I have them or record them and listen to them later. You may have some very intuitive thoughts that could guide you if you choose to hold on to them.

2008 05-27, 0224 - WHAT NOURISHES YOU? - This morning I saw a porcupine and a hawk looking for breakfast. They each need nourishment to survive. What spiritually nourishes you?

2008 05-28, 0225 - THE LONG JOURNEY - Now that the weather has turned warmer, the same walk seems a lot longer. It is harder to hike in the heat of the day than in cooler temperature. The same thing is true in walking the trails of your soul's purpose. Sometimes it looks like a long way to travel, but by taking one step at a time eventually the distance is covered.

2008 05-29, 0226 - KEEPING UP - This time of year everything is growing at a rapid pace, and it's hard to keep up with the trail maintenance. This can also become overwhelming in life. Just as in Nature, take one step at a time, and eventually it all comes together again.

2008 05-30, 0227 - A PLACE TO REST - We have a new bench on the trail where people can stop, rest, and take in the beautiful view of the mountains. We also need resting places along our soul's purpose route.

2008 06-01, 0228 - THE WORK HAS BEGUN - Work has finally begun on new trails that have been planned for several years. It is also time to begin the next stage of your work on your soul's purpose.

2008 06-02, 0229 - IT TAKES A LITTLE RAIN - It takes a little rain to bring out the best of the forest's greenery. Rain in your life can also often bring out the best in you.

2008 06-03, 0230 - DREAM SEQUENCE (1) - Yesterday we visited the Maine Coastal Botanical Gardens in Boothbay, Maine. It resulted from a vision that several people had years ago. They worked hard to help this dream become a reality. What are your dreams?

2008 06-04, 0231 - DREAM SEQUENCE (2) - We all dream of creating something wonderful that is also successful. I see a lot of broken dreams in this area in the form of empty and often unfinished buildings. It takes a lot of planning and work and help from the Universe to make a reality out of a dream.

2008 06-05, 0232 - DREAM SEQUENCE (3) - It sometimes takes a lot of time for a dream to become a reality. After the dreaming and the planning, it is time to start taking actions, one at a time until the dream has become real.

2008 06-06, 0233 - DREAM SEQUENCE (4) - Dreams are realities that are waiting to happen. There may be several ways that the dream will manifest itself. It may happen differently than you had thought it was going to.

2008 06-07, 0234 - DREAM SEQUENCE (5) - It is time to focus on your dreams and how they can become a reality. If the dream is given to you as a vision of the future, than your faith can help that future become a reality and you are free for the next dream.

2008 06-08, 0235 - A CHANCE TO PAUSE - A good rainy day gives one the chance to pause, reflect and dream. It is a time to catch up with our busy lives and our spirituality.

2008 06-09, 0236 - YOUR PERSONAL GPS - When we travel, we often rely on our GPS unit. For it to work, however, it must be turned on. You also have a GPS inside of you that will help you stay on track for your soul's purpose. Is it turned on?

2008 06-10, 0237 - TRAVELING THE BACK ROADS - We are still on the road doing hypnosis shows. It is much more enjoyable to travel the back roads from destination to destination. It is a chance to see life from a less hurried view. How fast are you traveling down your soul's purpose road. Do you get a chance to enjoy the view?

2008 06-11, 0238 - SAFE HARBOR - Today I had the opportunity to gaze out upon the ocean from the top of Mt. Battie in Camden Hills State Park. The view is breath-taking and easy to get to by car. I could see Camden Harbor below and could imagine what this port must have been like in days gone by. It was and still is a safe harbor out of the grasp of the sea. We all need safe harbors as we sail the waters of life.

2008 06-12, 0239 - IN THE FOG - Our last full day in Rockland was spent in search of the perfect foghorn sound. We visited three lighthouses in the fog, only to also hear the intrusive sounds of civilization. These lighthouses have helped guide mariners for years. You also have a guidance system to help you navigate the waters of life.

2008 06-13, 0240 - WILDFLOWERS - There are lots of wildflowers along the highway this time of year. Many were planted to help give a feeling of peace for those who travel the roads. You have beauty in your life that you can share with others if you will plant the seeds.

2008 06-14, 0241 - FEEL THE LIFE FORCE - As I walk the trails and sit on the new bench in the clearing, I can feel the life force of the Universe flowing through my body. I don't know how to describe what I feel except that it is like being connected to a flow of beautiful peaceful energy. I know that energy is always with you and me. Do you feel it?

2008 06-15, 0242 - THE PERFECT WALK - Now that the trail building is done for the moment, we try to make the walks better by keeping up on the maintenance. Still it is hard to have a perfect walk. The pessimist might never start because they might be disappointed. The optimist just looks forward to the experience. Which are you?

2008 06-16, 0243 - BURSTING AT THE SEAMS - Everything is growing so fast it looks like nature is bursting at the seams. If I do not do a little maintenance on the trails daily, it is easy to get way behind. We often feel this way in aspects of our lives. If we do a little maintenance each day in our own lives, eventually things slow down and we catch up.

2008 06-17, 0244 - LONG DAYS - We are almost at the longest day of the year. Even this length is not long enough for those who enjoy outside activity. Meanwhile we are connected to eternal time, which finds a balance when we are in tune with the Universe.

2008 06-18, 0245 - STAYING FOCUSED - It's hard lately for many to stay focused on the positive. They are struggling just to make ends meet, and the beautiful world of nature can take a back seat to worries. Actually this is a very important time to stay focused on the belief that we will all work together to bring a better world into reality.

2008 06-19, 0246 - LIFE GROWS ON - There is a big decaying pine log at the edge of Davis Landing, left there many years ago by the woodcutters. I'm sure they felt the log was worthless. Today it is the host to many thriving fungi and insects. We also have things in our lives that may be considered worthless that have lasting value.

2008 06-20, 0247 - FORECASTS - Even with weather forecasts it's sometimes hard to be totally prepared. Storms can pop up at a moment's notice. At the same time, if we listen and pay attention to the weather forecasts, it can help us be prepared. We have dreams and intuition that can help us as we try to prepare for what comes next in our soul's journey.

2008 06-21, 0248 - KNOWING THE FUTURE - Forecasts help us know the potential of the future. We all have the ability to know the potential of events and situations that may impact our lives somewhere ahead of us. These indicators can help us prepare if we choose to use them.

2008 06-22, 0249 - BROKEN SILENCE - This last week the quiet of the valley has been broken with the sounds of motorcycles as they roar past. It has been Motorcycle Week and many visitors are exploring the beautiful countryside. Thoughts can also break the silence of our mind. Peace and love of the universe can help keep the balance.

2008 06-23, 0250 - WAITING FOR THE FOG TO CLEAR - It can be just as foggy in the mountains as it is on the coast. When it is foggy, you have to wait until it clear in order to see where you are and where you are going. We all have fog in our lives and we need patience until it clears to give us a better vision of our soul's purpose.

2008 06-24, 0251 - WALKING UNDER A CANOPY - My walk this time of year is under a canopy of lush green that covers the trail and protects me from the sun and from light rain. I believe we all walk under a canopy of love and guidance provided by the Universe as we travel along our soul's map.

2008 06-25, 0252 - ENERGY CRUNCH - We are all impacted by the current energy crisis. It touches every aspect of our being, mentally, physically, spiritually, and emotionally. Fortunately, spiritual energy is from an unlimited resource if we will only open to its flow.

2008 06-26, 0253 - THE PERFECT DAY - What a perfect day for a walk. Everything was so beautiful. Then again, I heard the pounding of a hammer on a nearby roof, the sounds of heavy equipment working in the valley, the bugs that wanted me for breakfast, and some clouds that threatened rain. So much for perfection! I choose to see the beauty in each moment rather than dwelling on the interruptions.

2008 06-27, 0254 - THE VALUE OF LOVE - There is so much in life that is not loving that it is easy to get lost in negative emotions. The beauty in observing Nature is that you get to see and feel a love that radiates from the Universe. How do you value love?

2008 06-28, 0255 - WALKING WITH SPIRIT - I am always accompanied on my walk by my spiritual beliefs. If I have a worry, I ask for strength and guidance. If I observe something special, I say "Thank You". Remember you are not alone as you walk along your life path.

2008 06-29, 0256 - MORE ON WALKING WITH SPIRIT - It is easy to get caught up in spiritual energy when you have a life-changing experience. We often change. At the same time we have to balance the change with the world we have to exist in.

2008 07-01, 0257 - PEAKS AND VALLEYS - In many ways our lives resemble the view I see from the ridge. I can look out and see mountain ranges in the distance. They represent the highs and lows we all encounter as we walk the path of our life's purpose. Your belief can help give you the strength for the journey ahead.

2008 07-02, 0258 - CROSSROADS - We come to crossroads or intersections in our lives all the time. Some need major decisions and some very minor. We do have help in assisting us in our direction.

2008 07-03, 0259 - LUSH LIFE - This is the time of year when the trail is covered and surrounded by lush green foliage. That same lushness is always around you if you take the time to observe and appreciate it.

2008 07-04, 0260 - JULY 4th - FREEDOM - The 4th of July is a time when we here in America celebrate our freedom. The Universe offers us free will to follow our life purpose or to do otherwise.

2008 07-05, 0261 - A DIFFERENT VIEW OF THE FIREWORKS - Last night we watched the 4th of July fireworks from the ledge at the end of our new trail. It is something that I have wanted to do for years and it was a treat to watch the displays that were taking place in the valley below. It was a different perspective. You can almost always get another view on life if you get away in Nature.

2008 07-06, 0262 - CARRYING THE WEIGHT - What a difference weighing forty pounds less makes on the energy I feel when I walk up the hill to the top. We carry excess weight all the time, whether it is body, mind, spiritual or emotional. Nature and faith can help lighten the burden.

2008 07-07, 0263 - IT'S UNBELIEVABLE - As I sit on the bench at the edge of the clearing, it seems almost unbelievable that I have been given this opportunity to be so close to Nature. And yet, for something unbelievable to take place in your life there needs to be a belief that it can happen in the first place. Do you believe in the unbelievable?

2008 07-08, 0264 - LAZY HAZY DAYS - Summer: a time of lazy, hazy days. It is easy to slip into a routine that looks for the easiest way to flow through the hot days while using the least energy possible. Sometimes we forget to seek our spiritual nourishment.

2008 07-09, 0265 - A DIFFERENT WAY - Today I climbed the mountain in my six-wheeler. It was a different way than I usually go, and yet I arrived at the same place. We go through life differently, and yet we can reach the same destination.

2008 07-10, 0266 - A QUIET MOMENT - Nature gives me the opportunity to find a quiet moment to communicate with the Universe. It might be thoughts of past or of the future. Do you find a quiet moment each day?

2008 07-11, 0267 - EVOLVING - We are constantly evolving as we flow through our life map. A quiet moment is a great way to help yourself be more in tune with your evolvment.

2008 07-12, 0268 - LOOKING FOR SOMETHING LOST - Today I walked the trails in search of a pair of clippers that was lost yesterday. I found them as I retraced our steps. I think many of us are looking for something that we may have lost on our spiritual journey. If you are looking, now is the time to be open to finding what has been missing from your life.

2008 07-13, 0269 - WHO SAID IT WAS EASY - Walking the spiritual path is never easy. There is always something to help pull us off course. There is also always something with us to help us get on track again.

2008 07-14, 0270 - SPECIAL TREATS - There is always something special waiting for me to enjoy as I walk the trails. This time of year it is the wild raspberries and blueberries that bring pleasure to my pallet. Are you aware of the special treats waiting for you as you travel along your life map?

2008 07-15, 0271 - THE RIGHT INGREDIENTS - It takes all the right ingredients to come together at the right time for nature to bloom and flourish - the right soil, water, wind, sun and seeds. We have many conditions in our own lives that have either the productive or unproductive ingredients.

2008 07-16, 0272 - IMMERSED IN GREEN ENERGY - As I walked along the trail I realized I was immersed in a green energy. It came from the grass, the leaves, the ferns, and the moss. It was a wonderful feeling. My goal is to keep that energy with me throughout the day.

2008 07-17, 0273 - A LAZY WALK - Sometimes I have the opportunity to take a lazy walk. I don't have to return at a specific time. My mind can drift as I enjoy the day. Sometimes I am in much more of a hurry. Life moves like that, both fast and slow. May you find the right pace.

2008 07-18, 0274 - PINCH YOURSELF - When I walk out into the clearing, sometimes I just want to pinch myself to see if what I am experiencing is real. I know it is, and it is beautiful. What do you have in your life that is beautiful and real that you can share?

2008 07-19, 0275 - SUMMER POTPOURRI - My thoughts have been like a summer potpourri of local harvest lately. It is the time of year when different fruits or vegetables that are in season can be combined for a unique dining experience. I hope to do the same with the information the Universe provides me. Are you doing the same?

2008 07-20, 0276 - FUNNY YOU SHOULD SAY THAT - Many times when I think I know what I'm going to say or talk about, it comes out very differently. Usually when I am speaking to someone else and out pops something I didn't expect, often their response is, "Funny you should say that." Do people say that to you?

2008 07-21, 0277 - IN A HURRY TO GO SLOW - The other night we hurried off to visit friends only to find that trees from a thunderstorm blocked the way. To get there we had to turn around and drive in the opposite direction until we could find a different road. Many times we are in such a hurry that we get slowed down instead. Eventually we get there. Do you find this happening in the pace of your life?

2008 07-22, 0278 - DOWNPOURS - This summer has seen its share of afternoon downpours. A warm humid day will often lead to heavy rain as storms make their way across the valley. We have water bars set in the trails to protect the soil from rapid runoff. Your faith can help you deflect the flow as life's downpours hit you.

2008 07-23, 0279 - BLUEBERRY PICKING - It takes a lot of work to pick a few quarts of blueberries. You add one berry at a time and slowly the amount in your pail builds up. Acquiring new experiences in your life can also seem to be a slow process, but it too adds up.

2008 07-24, 0280 - SUMMER PESTS - Just when the black flies and mosquitoes have become less prolific, the horse flies can be a real trial as I try to enjoy my walk. There is always something that can interrupt a perfect moment. If I allow myself to look beyond the summer pests, I still can find something positive about my nature experiences. The same goes for all of life.

2008 07-25, 0281 - WELL WORN PATH - The more that people walk a certain trail, the more it becomes worn. The topsoil begins to vanish, and roots and rocks are exposed. It becomes very familiar to the regular walker. I believe that we have life paths that we have traveled before that we can update and use again as we travel to reach our soul's purpose.

2008 07-26, 0282 - NATURE'S UNPREDICABLE FURY - Nature can surprise us with its unpredictable fury. It can sometimes grasp us in its clutches without warning, catching us totally off guard. Even when we know something is coming, we can underestimate its power and destruction. Life can catch us the same way. Your belief can be the strength that helps get you through the storm.

2008 07-27, 0283 - MUSHROOMS - When the moisture conditions are just right on the forest floor, mushrooms push their heads up from their secret hiding places. They have been there waiting for the chance to grow. We have many elements in our own beings that are awaiting the right conditions to flourish. Some are positive and some are negative. You have a choice on which to nurture.

2008 07-28, 0284 - SUMMER BREEZE - Today on my walk a song popular some 20-30 years ago kept going through my head. It was "Summer Breeze". The breeze this morning was gentle and kind, much different than the tornado that caused a lot of destruction 10-15 miles south of us this week. In this joy of summer it is good to remember that there are also harsh winds that can blow in our lives. It is my prayer that the gentle winds return to those who have lost so much.

2008 07-29, 0285 - HIDDEN FRUIT - I find the best blueberries hiding underneath the leaves of the lower branches. It would be easy to miss them if I had focused only on the top of the plants. The same is true of people. Often their best gifts and abilities are hidden out of sight of others. What are you hiding?

2008 07-30, 0286 - IDEALS - Ideal Nature consists of a perfect balance where all can survive peaceably together. We have ideals that we strive for in our lives. What speaks to you?

2008 07-31, 0287 - IN TUNE - To help ourselves prepare to reach our ideals it is very important to take care of our mind, body, spirit and emotions. Being in Nature is a good place to connect to our spiritual world while helping our bodies, clearing our minds and balancing our emotions. This can keep us on track to meet our ideals.

2008 08-01, 0288 - JUST KEEP ON DOING IT - Once you have set your ideals and are consciously working towards your goals in body, mind, spirit, and emotions, all you have to do is just keep doing it. That isn't easy because life can get in the way. Trust and believe in your purpose even if you are unsure just what that is.

2008 08-02, 0289 - TRADE OFF - As I enjoy my time in Nature, it is easy to forget the hard work and investment it took and continues to take that lets me have the opportunity to find inspiration. There is always a trade off in our lives to achieve our ideals. As you find your own connection, it is good to remember that.

2008 08-03, 0290 - THE BEST INTENTIONS - When I communicate with my belief, I try to ask that the results of my prayers are the best for the whole. In other words, even though I may have the best intentions, the best results may be different than I requested. It sometimes takes patience and faith to wait for the Universe to work its magic.

2008 08-04, 0291 - SECRET PATH - This morning I discovered a faint narrow pathway that some animal or animals have been using. You could see that there had been recent activity by the way the grass was bent. I may never know what has been crossing Kyle's Trail. We all have secret paths. Some are positive and some are not. What path do you follow to connect to your secret Universe?

2008 08-05, 0292 - FLEETING MOMENTS OF SUMMER - Here it is August. When I look at the calendar, it seems as if summer is over. Yet, there is still plenty of time left to focus on the moment and enjoy what is special about every day.

2008 08-06, 0293 - THE FORECAST - I carry an old yellow rain slicker with me in the back seat of the truck most of the summer. Even when the forecast is for sunny weather, it could be raining when I take my walk. The conditions can differ from the forecast. Life forecasting can be like that, also.

2008 08-07, 0294 - NATURE'S STRUGGLES - Life is hard for most everything in Nature. Birds and animals are on constant watch, and even plants can be very invasive and choke out other species. Life on earth is not necessarily easy for humans either.

2008 08-08, 0295 - IN SEARCH OF REJUVENATION - I am at the NGH convention in Marlborough, Mass., for a few days in search of rejuvenating my hypnosis juices. Although it's not out in Nature, going to workshops, taking classes, or even reading good books can help us rekindle the passion within. I look forward to getting back to Nature.

2008 08-09, 0296 - GETTING USED TO IT - Nature has gotten used to human beings and human beings have gotten used to Nature. Animals in urban areas react differently to us than those in the wild. It takes time to get used to something new. Once you are used to it, you still do not need to accept it if it doesn't fit into your life.

2008 08-10, 0297 - SHARING THE VIBRATIONS - Some believe that the vibrations of sounds last forever. It is energy that moves through time and space. Do you pass on the good vibes of the Universe that come to you?

2008 08-11, 0298 - FREE TO BE RESPONSIBLE - It is great to be home and enjoy the freedom of Nature. To really be free we need to be responsible in taking care of ourselves for the journey and to be in tune with our life purpose.

2008 08-12, 0299 - TAKE CARE OF THE GARBAGE - We carry out any garbage we create when we are in Nature, and we hope others do the same. At home or in our vehicles we can't leave garbage around, as the black bears will make a meal and a mess of it. It is also good to dispose of your inner garbage.

2008 08-12, 0300 - MILESTONES - Milestones are events or accomplishments in our lives that we can look back on as indicators of how much we may have achieved. This is the 300th podcast, another milestone. To get to this point it took the willingness to do the first one. What are your milestones?

2008 08-13, 0301 - WANDERERS - Do you feel as if you are wandering through life looking for something that you have yet to find? If so, perhaps you are part of a group of souls that have been placed on earth at this time for a specific reason that will be revealed to you at the proper time. You just may be a wanderer.

2008 08-14, 0302 - A SCAVENGER HUNT - As you are wandering the earth, do you feel as if you are on a giant scavenger hunt, always gathering clues that lead you to the next point in your life? If you do, you are not alone. I often feel that way.

2008 08-15, 0303 - TREASURE HUNT - As you go through your life on your scavenger hunt, you may also find from time to time hidden treasures that are waiting for you to discover them. They may be actual physical items that relate to your life or they may be gems that fit your mind, spirit and emotional selves.

2008 08-16, 0304 - INTERRUPTIONS - Just when I think I know what I'm going to say, something often interrupts me and I find myself going in a different direction. I have learned to trust and believe that these interruptions in life are actually there for a purpose. It may take a while to realize that purpose.

2008 08-17, 0305 - A MESSENGER - When we are in tune with our soul's purpose, we are also open to receiving messages from the Universe. These could be for others or for us. Are you aware of what is coming through to you?

2008 08-18, 0306 - CHANNELING - Sometimes, without warning, we can find ourselves in an altered state where words of wisdom are coming through us without consciously thinking of them. This can happen in art, music, writing and in other ways. I believe it is the higher mind working through us for good.

2008 08-19, 0307 - THE CODE - Plants and trees growing in Nature seem to have some sort of internal code that signals the change of seasons. I believe we also have a code in our soul that connects us to the Universe.

2008 08-20, 0308 - HIGHER SELF - One of the benefits of taking a walk in Nature is having a chance to converse with my higher self. Others may call this talking to God, angels or the Collective Unconsciousness. I just ask questions for guidance and receive the answers that come in thought form but not in my normal speaking pattern. Have you tried this?

2008 08-21, 0309 - AVOIDING A BUILDUP - If I didn't remove the debris from the trails as I find it, sooner or later it would have a lot of obstacles to keep me from enjoying my walk. Doing it a little at a time makes it easier in the long run. The same is true in keeping your life's path clear.

2008 08-22, 0310 - DRAGONFLIES - I love to watch the dragonflies as they circle endlessly over the clearing, looking like a fleet of miniature bi-planes. They will eventually move on as the seasons change, driven by an ancient code that helps them find their way. We have a similar flight pattern.

2008 08-23, 0311 - A CLEAR VIEW - The clearing needs to be cut again next spring. There are places where the view of the mountains is blocked by the maturing young growth. We usually need to do the same thing in our life journey. It is always important to be able to get a clear view.

2008 08-24, 0312 - IN THE SILENCE - Sometimes I become aware that the world around me is silent. It is if everything is waiting for something to happen. We also have times in our lives when the Universe is ready to show us the next step.

2008 08-25, 0313 - ADVANCE WARNING - We have places where the leaves have already changed to fall colors. It is an advanced warning of the transition of seasons that will take place soon. I believe we are also getting warnings that signal changes in world consciousness.

2008 08-26, 0314 - RECOGNIZING PATTERNS - Many different patterns dot the landscape in Nature. It is easy to see them from the top of the mountain as I look across the valley. We also have patterns in our lives that can help guide us if we are at a place where we can recognize them.

2008 08-27, 0315 - CLEAR AIR - On days like this when the air is clear and the humidity is low, it seems as if I have more energy to explore Nature. It is times like this when we can get a better perspective of our life journey. May you always have clear air in your mind.

2008 08-28, 0316 - STAYING VIGILANT - I always try to keep a watchful eye as I wander the trails. We also need to stay vigilant in our lives. It is a good idea to be aware of what the Universe is trying to tell us. When we get busy, we sometime forget to pay attention.

2008 08-29, 0317 - WEAR AND TEAR - As the trails are used more and more, there is evidence of wear and tear. The topsoil disappears and roots and rocks are exposed. We also have wear and tear on ourselves as we follow our life purpose. Your belief can help keep you in balance and in tune.

2008 08-30, 0318 - NUTRITION - The bears are searching for good sources of protein this time of year. It helps their bodies prepare for the long winter ahead. We also need the right nutrition for our mind, body, spirit, and emotions.

2008 08-31, 0319 - IN THE CLEAR - When I want the best view, I have to stand out in the clearing. There I am exposed to all the elements, especially the wind. In life, in order to get the best view, we sometimes have to stand in a place in our minds that exposes ourselves to the realities around us.

2008 09-01, 0320 - CHANGE OF ROUTINE - Now that September has arrived many people are changing their daily routines and shifting into a fall mood. My walking routine also varies, but I have one constant, and that is to continue to keep my routine of communicating with the Universe for guidance and help as I walk my soul's path.

2008 09-02, 0321 - LOOKING FOR THE VIEW - If you did not know there was a beautiful view from the top of the ledge, you might not take the time to look for it. Trees obstruct the scene that unfolds off to the West. If you take some time and look for a better view, you will see what is there. Do you take the time in your life to get a clear view of your purpose?

2008 09-03, 0322 - CONTINUING MOVEMENT - There is constant movement of some kind here in the woods of New Hampshire. When I walk the trails, I am also aware of the continuing movement of civilization in the valley below. We are also involved in the vast continuing movement of the Universe.

2008 09-04, 0323 - GETTING THE PICTURE - I often encounter people who are trying to find their gifts and talents by comparing themselves to others. The truth is that each person is so unique that it is hard to do what someone else does well. Pay attention to what others say you do well because often it is something you dismiss. That may be a part of your picture.

2008 09-05, 0324 - ENCROACHMENT - The question is, does man encroach on Nature, or does Nature encroach on what man is trying to claim? It is a constant struggle to keep fields clear from the ever-expanding forest. In our lives many of us feel encroached upon by others who want to take over our space. It is good to set boundaries as it helps you to be free to help others.

2008 09-06, 0325 - THE HIGHS AND THE LOWS - I like being up high where I can get a view of below. At the same time I do not like being at an exposed place, as I am uncomfortable at the possibility of slipping and falling. I also like being in low places. In life it is important to find a balance between the lows and the highs.

2008 09-07, 0326 - SURVIVAL MODE - With the recent tropical weather, much of the southern part of the country has been in survival mode. I noticed that where the rain has washed dirt away from the roots that crisscross the trail that the roots have sent out smaller suckers to help nourish the trees that depend on these roots to survive. Our roots are connected to the Universe.

2008 09-08, 0327 - KEEPING A RECORD - Do you keep a journal, a diary, write a blog, or in another way record your daily activities? Think of your unconscious mind as a library of all your soul's past actions.

2008 09-09, 0328 - BEING ONE - Many people try to be One with Nature when they go out into the environment. I try to be One with the Universal Love that I feel when I am in tune with my soul's purpose.

2008 09-10, 0329 -UGLY NATURE - The perfection of nature comes with the good and the ugly. Right now the webworms are covering trees with their nests. From a distance it sometimes appears as if the trees are in bloom. A closer look provides a different view. Yet at the same time the ugly webs serve a purpose to help balance nature. We also need to balance the good and the ugly in our lives.

2008 09-11, 0330 - SHADES OF LIFE - The leaves are showing different shades of color. The greens are giving way to reds and yellows. Our lives also go through different shades of emotions. We can always change a shade we don't care for.

2008 09-12, 0331 - SEEKING WARMTH - The time of year has come to wear warmer clothes when walking early in the morning. We seek spiritual warmth all year long by opening up to Universal love.

2008 09-13, 0332 - HIGH BEAMS LOW BEAMS - The fog was so thick this morning that high beams did not penetrate as well as low beams. When we try to see too far ahead in our search for our life purpose, we may miss what is right in front of us.

2008 09-14, 0333 - FEEL THE LOVE - I recently had the chance to give three talks at a Whole Health Expo in Manchester, NH. The rooms were filled with people that reflected a beautiful Universal Love. Most everyone was looking for ways to find their sacred path. They and you are all a part of that movement of love sweeping across the earth.

2008 09-15, 0334 - TEMPERATURES OF LIFE - We have had a tropical front wash over NH with temperatures and humidity above normal for this time of year. It won't last long. Life is the same way, with many different temperatures experienced by your mind body, spirit, and emotions. May you find the right balance.

2008 09-16, 0335 - SURVIVAL - This morning I watched a large hawk as it perched high in a dead tree watching for prey. I could also hear the birds in the underbrush chirping warning signals that danger was close by. Each species were trying to survive. When we go on stress alert, we are vulnerable to many illnesses that attack our bodies. It is important to have some sort of spiritual protection to help keep watch.

2008 09-17, 0336 - SACRED CONNECTIONS - Many of the synchronicities you experience in your life may be sacred connections created by the Universe. This means that there may be a reason that you are where you are because it is part of your soul's purpose.

2008 09-18, 0337 - A SENSE OF COMMUNITY - Sometimes I feel lonely on my soul's journey, but then meeting fellow earth travelers gives me a strong sense of community. It is nice to know that there are others on this same path that are willing to share and offer support.

2008 09-19, 0338 - UNSPOKEN WORDS - Sometimes it is best to let the words inside of yourself remain unspoken. It gives you a chance to feel the beautiful vibrations that flow through Universal love.

2008 09-20, 0339 - COTTON CANDY - The fog in the valley looked like cotton candy as it floated peacefully below where I stood. My mind turned to country fairs and that sweet smell and the sticky hands I used to get from eating it. It was a sugar high. Spiritual cotton candy has nourishment that lasts and continues to energize us.

2008 09-21, 0340 - CHICKENS & TURKEYS - Today I saw a flock of domestic chickens and a flock of wild turkeys together in the road. Wouldn't it be nice if man could exist that way together?

2008 09-22, 0341 - SWEET DREAMS - We have dreams when we are asleep, and we have dreams when we are awake. Both types can be a way for the Universe to communicate with you. Perhaps you have been having thoughts of something you should be doing and are dismissing them as impossible to achieve. Just be open to the way.

2008 09-23, 0342 - INFINITE WISDOM - There is an infinite wisdom available to us to tap into for help and guidance if we choose to be open to it. In fact, it is already coming to you in thoughts and dreams. Are you paying attention?

2008 09-24, 0343 - OLD FRIENDSHIPS - We have many old friendships, some good and some not so good for us. An old friend can be a habit or an addiction. It can also be something to rely on such as the wisdom of the Universe.

2008 09-25, 0344 - BEYOND FEAR - We live in fear all the time. We worry about finances, health, relationships, and the future. We do have something to go beyond our fears. It is our faith.

2008 09-26, 0345 - FEELING LOST - Have you ever been lost in nature or on the highway? It is not a good feeling. How about in Life? We have GPSs to help us stay on track and we have a guidance system in place to help us through our daily lives.

2008 09-27, 0346 - DEAD RECKONING - There are times when it is impossible to see where one is going. It could be fog, snow, or darkness that obstructs our view. We sometimes need to use dead reckoning, a blend of knowledge and intuition. This is also true for our soul's journey.

2008 09-28, 0347 - NEAR MISSES - We just missed a hurricane recently. It veered to the east. We have a lot of near misses in our lives, both positive and negative. Perhaps something guides us, even with near misses.

2008 10-01, 0348 - THE SKY IS FALLING - As I walked through the woods the other day, it sounded like stones were falling out of the sky. In actuality it was acorns dropping from large oak trees overhead. Many people feel as if the sky is falling around them.

2008 10-02, 0349 - PIECES OF HISTORY - As a part of History Hall at the Fryeburg Fair we are always discovering new pieces of the fair's history. The same is true for all of us as we are constantly connecting with pieces of our past.

2008 10-03, 0350 - THE LONG HAUL - With all the uncertainties of the financial market and the economy, many are looking for direction as to how to invest for the future. The experts seem to say that if you are investing for the long haul then it is advisable to stay the course. We are also investing in our soul's purpose for the long haul.

2008 10-04, 0351 - GRIDLOCK - This time of year the traffic in the valley often turns to gridlock. Life is like that also. If we are patient, it will not be long before we start to move again.

2008 10-05, 0352 - LIFE CYCLES - The end of this year's growing season is upon us here in the mountains of New Hampshire. The cycle is about to end and a new one is waiting to begin. We also experience the same thing as we travel our soul's path.

2008 10-06, 0353 -IT'S A WRAP - The leaves are getting ready to wrap up the season and soon will be covering the forest floor. The Fair has wrapped up, and boats are being covered for the winter. It isn't as easy to wrap up memories and store them away in our minds.

2008 10-07, 0354 - NATURE AND MOODS - There are many different moods in nature and they can change in an instant. We can find ourselves being affected by the moods that wash over us. There is a lot to be gained by studying your moods.

2008 10-08, 0355 - NATURE'S COMPATIBILITY - There are plants and animals that are compatible with each other in nature, and there are those that try to dominate other species. Often the dominant ones are imported from another area and upset the natural balance that existed before their arrival. We have elements in our lives that are not compatible with our total balance.

2008 10-09, 0356 - IN A HURRY - Sometimes I'm in a hurry when I walk the trail and hardly take the time to notice the nature around me. We often speed through life without being aware of what our purpose is. It is good to take some time each day to notice what is truly around you.

2008 10-10, 0357 - A NEW CARPET - The falling pine needles have created a new carpet on the forest floor. They will eventually be absorbed into the soil and become nutrients for the next carpet. What are the nutrients in your life that helps support your constant change?

2008 10-11, 0358 - GEMS IN YOUR LIFE - I sometimes like to pick up small pieces of quartz that I find on my walks. When washed, they look radiant in bright sunlight. We also have many gems in our lives that can be helpful as we walk along our soul's path.

2008 10-12, 0359 - HEALING THE WOUNDED EARTH - Both man and natural disasters often wound the earth. The ugly scars do heal with time. If we help, it can be sooner. If we help each other to heal, we will experience a smoother transition as we enter the years to come.

2008 10-13, 0360 - ON A QUEST - We are on the road for a couple of weeks on a quest to see how people are working together to heal the wounded earth. It is a chance to get away and organize the thoughts that are coming to me from the Universe.

2008 10-14, 0361 - PROSPERITY - In this time of financial concern, we are all prosperous in something that we can share with others. It may be spiritual, mental, physical, or emotional. What is your prosperity?

2008 10-15, 0362 - MULTIPLE REASONS - When I go on a trip or even to a local store, I realize that there may be more than one reason for why I'm there. It is often to deliver a message to someone who the Universe has arranged to cross my path at a certain time. Once the message is delivered, I am on my way. You probably do the same thing and you may not even know you are doing it.

2008 10-16, 0363 - THE OPPOSITE DIRECTION - On the way to Virginia Beach we stopped for lunch in a charming coastal town and got totally turned around. In order to get back on the right road we needed to go in the opposite direction than GPS told us. Sometimes we need to do the same thing in life to get on the right path.

2008 10-17, 0364 - YOUR FREQUENCY - Yesterday I had the opportunity to visit the A.R.E. in Virginia Beach. It is the home of the Edgar Cayce organization, a testimony to the life work of a man who had an incredible gift with a special connection to the Universe. We all have our own frequency for our connection to the source.

2008 10-18, 0365 - WE ARE BRIDGES - We have the opportunity to connect with others and help them in turn connect to others. We are all bridges that can bring the past, present, and future together for the betterment of the world.

2008 10-19, 0366 - HOMEWARD BOUND - We expect to be back in New Hampshire later today, and it will be good to get back on the land and feel its beautiful energy. I believe we all are homeward bound as we live and help each other here on Project Earth. Right now the earth really needs your love.

2008 10-20, 0367 - GUIDING LIGHTS - It's nice to be back in the mountains. It felt like I was being guided by the lights of the Universe. You are also guided by the same source, and you are a beacon through which the lights can touch others.

2008 10-21, 0368 - YOUR TRUTH - I believe that all of us have a basic truth that is our own, deep inside our souls. Unfortunately many people never honor that truth but try to hide it instead.

2008 10-22, 0369 - KEEP ON GOING - When I climb uphill, I find that if I stop and rest it is hard to start again. I need to keep on going. The same is true in life when we feel defeated. Somehow we need to keep on going.

2008 10-23, 0370 - WHAT IF - There are a lot of what-ifs in life. What if I had taken an action or invested in something years ago? How would my life be different? If we act with Universal guidance, what-ifs can become realities.

2008 10-24, 0371 - THANKS FOR YOUR PATIENCE - I don't have a lot of patience, although I'm really much better than I used to be. Thank you for your patience when a podcast has trouble getting uploaded and a new one has not appeared.

2008 10-25, 0372 - THE SPOTLIGHT - This morning it looked as if the Universe was shining a spotlight on a ledge across the valley. I believe that that spotlight is always there to guide us in life if we only keep an eye out for it.

2008 10-26, 0373 - ON THE RIM - I do not like to hike in places that have a sharp drop such as open ledges. I feel as if I might fall off. We also walk the rim of life where there are possibilities of falling into the unknown. I try to always have my Universal lifeline with me.

2008 10-27, 0374 - THE VALUE OF A SMILE - There are some people who never smile. Their faces are often tight and drawn. If I find a way to loosen them up, their faces begin to glow. A smile is very valuable.

2008 10-28, 0375 - WHAT GIVES YOU PLEASURE? - I get a lot of pleasure this time of year walking in the woods. It has been this way since I was a child. I love the drab landscape and all the late Fall smells. What is it that touches your soul and gives you pleasure?

2008 10-29, 0376 - AN OBSTACLE COURSE - Going through the woods can be an obstacle course at times. It takes work to move the debris. It also takes spiritual work to help remove or get around the obstacles in the way of our soul's journey.

2008 10-30, 0377 - LIFE'S CROSSROADS - Many people are at crossroads in their lives. If that's the way you feel, you may want to look backwards to see what indicators there may have been to put you in this place at this time. I'll bet there are clues in your past that may help you in the future.

2008 10-31, 0378 - PASS OR FAIL - Life for most of us is set on a pass or fail standard. It is easy to feel defeated and a failure. Every time we try we are succeeding even though it may not seem so in the short span of things.

2008 11-01, 0379 - PROMISES - Life is full of promise. In America we need to know that we are one World and one Universe as we set about on a perhaps new and different future. If we all choose to recognize the promise of a future that is filled with peace and love, perhaps this promise will become a reality. We all have a part to play in its success.

2008 11-02, 0380 - PLOWING THROUGH - Today I plowed through the leaves on the trail as if I were a kid again. It was fun to float over the ground, but I had to be aware that there were "trippers" hidden that could bring me crashing to the earth in a hurry. Sometimes we feel as if we are plowing through life and trying to force our way ahead, and at other times we just touch the surface without opening up the nutrients of our soul.

2008 11-03, 0381 - FEELING THE ENERGIES - We are constantly bombarded with energies. We also may have absorbed negative energies along our soul's journey that still have an effect on us. If we open to the gracious love of the Universe, we may let it wash the negativity out and replace it with positive energy.

2008 11-04, 0382 - ENCOUNTERS - We have daily encounters, some good and some bad. I believe that many of our encounters are arranged by forces in the Universe that are trying to help us on our soul's journey.

2008 11-05, 0383 - UNLIMITED SPIRITUAL RESOURCES - As we take stock of our resources for the coming winter, we may need to be more conservative than we have been in the recent past. There is one resource, however, that is unlimited. It is your spiritual connection.

2008 11-06, 0384 - ADVENTURE EARTH - We have daily adventures here on earth. I think that many of you are now beginning the biggest adventure that your soul has experienced for many lifetimes.

2008 11-07, 0385 - WHEN THE OLD BECOMES NEW - Is there really anything new to discover in the Universe? Is it possible that even when we think we have found or invented something that it has already existed before? In the realm of pure energy, perhaps all knowledge is there to be tapped into over and over again.

2008 11-08, 0386 - IT'S JUST MY JOB - Did you ever compliment someone on his or her abilities, only to be told, "It's just my job"? If we are doing our soul's work correctly, then it is really that simple. It's just your job.

2008 11-09, 0387 - OMINOUS CLOUDS - Many people seem to feel that there are ominous clouds on the horizon of our future. Many people are experiencing the collective feeling of doom as it works its way across the land. I believe that there is hope for the future beyond the clouds.

2008 11-10, 0388 - DISCOVERING FREEDOM - An animal that has been kept in a cage will often have a hard time surviving if it is given its freedom. It takes a lot of preparation to make the adjustment to living in the wilds. The same is true for us as we discover the world. It is the spiritual preparation that can help us survive.

2008 11-11, 0389 - YOU HAVE BEEN CHOSEN - It is interesting to observe the people who have been chosen by the Universe to come to this place here in the foothills of the White Mountains. This weekend, not only are they local, but we have people from Texas, California, and New Jersey. You, too, have been chosen to be exactly where you are at this moment.

2008 11-12, 0390 - EVOLVING THOUGHTS - We may have freedom in our minds and not have the freedom to take the actions on our thoughts. If we are suddenly free to do that, we may not know what to do. I believe that true freedom begins with the freedom to feel the love of the Universe that can help you evolve your thoughts and actions with your soul's purpose.

2008 11-13, 0391 - SO FAR AWAY - Sometimes it seems as if the core of the Universe is far away, and we are here on the remote outpost called Earth with little contact from home. It may seem far away, but it is really here inside of us. We just need to remember.

2008 11-14, 0392 - BE AWARE OF SIGNS - Recently I saw an owl as it flew through the woods and landed on a branch in clear view. It rested for a moment or so and continued on, probably in search of dinner. To me the owl was a sign. It symbolized strength and wisdom, elements of the Universe that can help me on my path. The sign showed me that I am not alone in the journey.

2008 11-15, 0393 - A WARM BLANKET - The leaves have fallen from the trees and are now covering the ground, ready to provide a warm blanket to the plants that are resting just beneath the surface. Warm blankets have also become part of the winter bedding. The Universe provides a warm blanket of love.

2008 11-16, 0394 - LAYERS OF EMOTIONS - We wrap ourselves in many layers of emotions. Sometimes coming to an understanding necessitates peeling away those layers. I believe at the very core is a layer of eternal love that can help us to find our true selves.

2008 11-17, 0395 - A SAFE PLACE - I like to think that our piece of woods is a safe place for wild animals, people, and the pets that wander through. Of course there are hazards wherever we go, but the goal is to do the best possible to encourage a safe environment. The Universe has a golden light that is always there to keep you safe on your soul's travels.

2008 11-18, 0396 - A ROSY GLOW - The alpine glow across the valley was very beautiful this morning. In order to see it, the conditions must be right, and one needs to be up just before dawn. There is always a rosy glow to observe in life, but it takes willingness to look for it in order to find it.

2008 11-21, 0397 - FROZEN IN TIME - Over the past few years, evidence of earlier cultures has been discovered in various places throughout the world. It is evidence that has been frozen in time. We have memories frozen in time within our soul's history.

2008 11-23, 0398 - YOU ARE MAGNIFICENT - Animals in the wild look so magnificent when we have the opportunity to observe them. You too are magnificent as you go about your life process. The ups and the downs have all helped mold your character, and your spirit keeps you going.

2008 11-25, 0399 - FIRST SNOW - Although I knew it would come eventually, the first snow of the season still caught me off guard. I have yet to get the tractor going or put the winter tires on the truck. When I ventured out, I relied on my past experiences to help me through the first snow. Life is like that also.

2008 11-27, 0400 - THANKSGIVING - Today there are many things to be thankful for, as there are every day if we stop and take notice. I am thankful for an incredible Universal available for all of us.

2008 11-28, 0401 - WARM FUZZY FEELING - Do you ever get a warm fuzzy feeling when you do something good for others or someone does a good deed that benefits you? I do. There is usually a very special feeling of love when we help or say something nice to others.

2008 11-29, 0402 - PROCRASTINATION - It is hard to find the line between procrastination and moving at the right time. If we wait too long we may miss the opportunity, and if we move too soon the same might happen. I try to use my guidance system to help me be at the right place on my soul's journey.

2008 11-30, 0403 - COMPASSION - Yesterday I woke up remembering a part of a dream where I found a Quan Yen statue beside the road where it could have been hit by passing vehicles. I stopped and picked it up. It was very light. Compassion is a natural feeling that is light and happiness flowing with Universal love.

2008 12-01, 0404 - AN IDEA - I look for ideas for a podcast from many places besides Nature. I believe the right ideas come to me at the right time. I also believe that your ideas come to you the same way.

2008 12-02, 0405 - BLENDING THE OLD AND THE NEW - It is interesting to find that many people are coming full circle and finding out that early abilities they developed in their lives are being brought back again. They are rediscovering them as a blend of the old and the new. For me it has been music. How about you?

2008 12-03, 0406 - HANG IN THERE - Sometimes it is so easy to just give up. I've wanted to do that more than once when trying to get ahead. I guess the key is to believe in a purpose, ask the Universe for help and guidance, and just hang in there.

2008 12-04, 0407 - WHEN EVERYTHING GOES WRONG - Did you ever have one of those days when everything goes wrong? I do, or so it sometimes seems. If I can step off into the distance of my mind and be patient, I usually discover that there has been a lot more right going on than I realized.

2008 12-05, 0408 - A MAGICAL FROZEN WORLD - Today the trails were a magical frozen world with ice diamonds littering the hard-crusting snow. Eventually this will all melt away. We have in our soul magical frozen moments that are ready to be warmed by a golden loving light and be used again.

2008 12-06, 0409 - THE OLD CAT LADY - I have a friend who wrote a song about his grandmother called "Old Cat Lady". When he recorded it, he made a mistake that made it hard for him to listen to it. He put it away for several months, and the next time he heard it, he couldn't find what had bothered him so much before. It takes time to get perspective.

2008 12-07, 0410 - SURE FOOTING - Today I dug out my creepers to help me find sure footing on the old road that is covered in ice and frozen snow. It was a good walk. Sometimes we need to make sure we are wearing our belief on our feet to creep safely along our soul's purpose.

2008 12-08, 0411 - NEIGHBOR HELPING NEIGHBOR - We are all in this together. The more we help each other, the easier it will be to stay in tune with our soul's purpose. It's okay to receive as well as give.

2008 12-09 0412 - SACRED CONNECTIONS - We have many sacred connections with other souls that are on earth at this time. They are all partners in this earth project. That project, I believe, is to help in our own ways to spread true light and joy throughout the world.

2008 12-10, 0413 - CONVERSATIONS WITH GOD - When I'm out in Nature, I often have a talk with the Universe. If I'm worried, I ask for help. If I'm happy, I share that in gratitude. These are ways I converse with God.

2008 12-11 0414 - THE MESSAGE IN THE MESSAGE - I am aware that there is usually more than one message in the podcasts I do. The message within the message is sent to you from your source. You don't need to hear my words to hear it.

2008 12-12, 0415 - AN ICY WORLD - Today I am looking out at an icy world. It is a good day to stay inside and make bread as long as the power stays on. It is also a time to reflect and make plans for the future.

2008 12-13, 0416 - A WARM FURRY COAT - The wild animals are protected during the winter by a warm furry coat. It can help them survive the cold. We have a layer of warmth that goes with us that comes from the spiritual energy of love.

2008 12-14, 0417 - THINGS WORK OUT - Sometimes when things don't go exactly the way you think they should, they will work out anyways if you examine your options. It doesn't always matter how you get there, just that you get there.

2008 12-15, 0418 - RUSHING WATER - The water is flowing down the mountainside just as rapidly as it usually does in the spring. This has been a record year for rain and snow. We can get caught up in the rushing waters of life, and yet we can pull ourselves out by connecting to the peace and love of the Universe.

2008 12-16, 0419 - IN AND OUT OF DARKNESS - Many people here in the Northeast have been without power for several days. We often find ourselves on our spiritual journey in and out of the darkness unless we remember the incredible light of the Universe that can guide our way.

2008 12-17, 0420 - BLOCKAGES - The recent storm caused a lot of debris to fall on the trails, creating blockages. It is possible to get around it or to clear it away. Much of the work will have to wait until Spring when I can get the equipment in to take care of it. Our lives are like that as we move along our soul's path. We can be defeated by blockages, or we can clear them away, or go around them.

2008 12-18, 0421 - ASSESSING THE DAMAGE - People will be assessing and feeling the effects of the recent ice storm damage for years to come. So too are our lives affected by mental, physical, emotional, and spiritual damage. We can resolve it through the unconditional love found in a connection to the Universe.

2008 12-19, 0422 - HIDDEN EVIDENCE - Today the fresh coat of snow hides what lies beneath it. It may be Spring before whatever is there will be seen again. WE also hide many things in our unconsciousness that come to light as we melt away the layers. Unconditional love can help heal the wounds of the past.

2008 12-20, 0423 - A BLANK SHEET - The new snow provides a blank sheet of white to leave tracks in or even make snow angels. Every day we have a blank sheet to list our dreams on. Writing them down one at a time helps bring them into reality.

2008 12-21, 0424 - WINTER SOLSTICE - Today is the winter solstice, the first day of winter and the shortest day of the year. It is a day when we now can look forward to the returning light. In our darkest days there is always the promise of Universal light.

2008 12-22, 0425 - WINTER IS HERE - The first day of winter has brought us more than a foot and a half of new snow. Besides all the work to take care of it, we can also enjoy the beautiful whiteness and appreciate this season and the potential it offers for Universal love.

2008 12-23, 0426 - ONE MINUTE A DAY - Today is one minute longer than yesterday. We are on our way to the longest day of the year in six months. One minute adds up over time. Think about one minute a day of Universal love.

2008 12-24, 0427 - LOVE - I spend a lot of time in my mind searching for the meaning of life. Unfortunately my quest seems to remove me from life itself. It is hard to find the balance of purpose and love. I am fortunate that I have a wife who loves and supports me.

2008 12-25, 0428 - MAGIC - Today is a magical day for all those who celebrate Christmas. Most other religions also have their magical days sometime during the year. I believe that if all of us showed the same love all the time that we do on these magical days, every day would be magical.

2008 12-26, 0429 - A WINDY NIGHT - Last night and tonight the wind is howling. Windy nights keep some people awake. They worry about many things from fires to power outages. When you worry at night, wouldn't it be great to have someone to confide in. You might try the Universe.

2008 12-27, 0430 - REVIEWING THE GOOD AND THE BAD - As the year comes to a close, many news stories review the best and the worst events over this time period. We are constantly reviewing our own experiences. We can learn from the negative and apply the knowledge for success in the future.

2008 12-28, 0431 - HOME FOR THE HOLIDAYS - Many people go home for the holidays this time of year. Perhaps you go or others come to visit you. I feel at home on the land. My spiritual home is connected to Universal love and I am home every time I connect to it.

2008 12-29, 0432 - MISTS OF TIME - Today the hills are shrouded in a blanket of mist. Time seems to stand still. The past, future and present are one. Eventually the mist will clear and our direction will become evident.

2008 12-30, 0433 - THE LAUGHTER OF CHILDREN - It is great during the holidays to hear the laughter of children. It is special to see through the eyes of a child. May you have the opportunity to laugh and discover the world through the eyes of a child again for the first time.

2008 12-31, 0434 - PERSONAL INVENTORY - Today is the last day of 2008 and a good time to take personal inventory. How was this year for your growth - spiritually, mentally, physically, and emotionally? How could you make changes that align you with your soul purpose this coming year?