

Message from the Mountain
2009

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2009 01-01, 0435 - HAPPY NEW YEAR 2009 - Many of you are very happy to get 2008 over with and are looking forward to a general change in the climate as 2009 progresses. I believe that this year will be a transition into very positive changes as you progress along your soul's path.

2009 01-02, 0436 - RESOLVE - This is the time of year when many people make resolutions for changes in their lives. I try to constantly stay resolved to honor my soul purpose and hopefully make some sort of a difference in the world.

2009 01-03, 0437 - WHAT DO YOU PREDICT? - A lot of predictions are made at the beginning of a year as to how the future will happen. Many people go to psychics for guidance. What do you know in your soul that can guide you through this year and beyond?

2009 01-04, 0438 - SOMETHING TO LOOK FORWARD TO - Many of you are glad to get 2008 over with. Some of you may not have any hope for 2009 either. I believe that we all have something to look forward to in the coming months. I believe that more and more people will discover the good energy in helping others and experience the Universe's love.

2009 01-05, 0439 - HOW HAVE YOU CHANGED? - Nature is constantly changing. Sometimes it is hardly noticeable. We are doing the same thing as we progress along our soul's map. How have you changed this past year?

2009 01-06, 0440 - HOW ARE YOU EVOLVING? - I believe that we are in constant change here on earth. Every second is different. If that is right, can we consciously be a part of our change in a way that helps us honor our life purpose?

2009 01-07, 0441 - TAKING THE TIME - What a great walk I had yesterday! Taking the time to be out in nature not only benefits me at the time I'm there but also throughout the day. Do you take the time to give yourself an opportunity to find a quiet place in your mind?

2009 01-08, 0442 - WORKING ON YOUR PUZZLE? - Do you enjoy putting together complex puzzles? I don't enjoy it because of the way I see in my mind's eye, but I also know the importance of working on the continuous puzzle that makes up my life map.

2009 01-09, 0443 - MAKING PEACE WITH YOURSELF - It's really hard to find peace and quiet, even in nature. There always seems to be an interruption such as passing planes or traffic sounds. There is also usually a lot of inner noise. Before we make peace with others, perhaps we need to make peace with ourselves.

2009 01-10, 0444 - KNOWING WHEN TO TURN AROUND - There have been times in my life when I would over-extend myself, such as walking too far and finding it hard to get back to where I started. This winter I need to be aware of the cold when I enjoy my daily tour of nature. The same thing is true as we travel our soul's map. It is good to know when to turn around.

2009 01-11, 0445 - MAKING BREAD - Today I will make bread - a family tradition that has been passed along from generation to generation. My recipe is not the same as my mother's, and hers was not the same as my grandmother's. Recipes keep changing, just as they do in life.

2009 01-12, 0446 - A LESSON FROM THE BIRDS - The birds at the feeder work very hard at opening the sunflower seed shells. If they focus totally on eating, they may not be aware of the predators that are waiting to catch them off guard. We also need to be aware of what is happening around us as we go about our daily tasks.

2009 01-13, 0447 - A LOT TO HEAR IN THE SILENCE - There's a lot to hear in the silence of nature. The more you listen, the more you take in. There's a lot to hear from our unconscious minds. It's all there, just behind the clutter.

2009 01-14, 0448 - I WANT - Sometimes it is hard for me to reach an understanding within myself over what I want and what the Universe wants. I hope we are on the same page. I ask that my "I" is the same as my third "eye".

2009 01-15, 0449 - CHILLED TO THE BONE - Have you ever been chilled to the bone? I have felt so cold that it was almost as a memory of freezing to death in a past life. If that is true, do my bones still remember the experience?

2009 01-16, 0450 - THE WORLD WITHIN - Nature has worlds within worlds. Something is happening over every square inch here on earth. We have a world within that connects us to the vast Universe.

2009 01-17, 0451 - GOOD NEWS - The recent plane crash in the Hudson River where everyone survived was a piece of good news that has flooded the airways. Perhaps this good news will encourage people to share other good news stories that are taking place as people learn to work together again.

2009 01-18, 0452 - EMBRACING THE CHANGES - There are a lot of changes taking place in the world and within ourselves. Some people are resisting them while others are embracing them. How are you dealing with them?

2009 01-19, 0453 - SETTLING IN - Now that we are in the middle of winter here in New Hampshire, people are settling in to the routine of dealing with the snow and cold. At the same time, every day is one day closer to warmer weather. People also settle into life and hunker back rather than going out and living it.

2009 01-20, 0454 - A DAY OF CHANGE - Today is a day of change. It is Inauguration Day. Many hope and pray that the changes will have a positive effect on our country and the world.

2009 01-21, 0455 - LEADING THE WAY - It sometimes takes a lot of effort and energy to lead the way. Those that have broken trail in the woods have led the way for those that are to follow. You are leading the way for many who are searching for purpose in life. You also have the wisdom and the energy of the Universe helping you along the way.

2009 01-22, 0456 - THE PRICE OF FREEDOM - Freedom comes with a price. Many have given their lives so that we may experience it. Yet many of us hold ourselves captive when we try to be free.

2009 01-23, 0457 - A SAFE BRANCH - The birds come to the feeder by flying from branch to branch. It is a safe route through the trees. We offer safe branches for people to visit on their way to finding spiritual nourishment.

2009 01-24, 0458 - A BLOCKED VIEW - I used to have a good view of the mountains from our house until the tree across the road grew and blocked it. The view is still there; all I have to do is move to a different position to see it. The same is true in our soul travels.

2009 01-25, 0459 - A WARM SUNNY WINDOW - A warm sunny window is always a good place to settle down and take a journey into your mind. It is the place where you can connect to the Universe.

2009 01-26, 0460 - LEVELS OF WARMTH - Some people are warm at a 60-degree temperature while others are cold. It is all in our perception as to what warmth really is. How do you stay spiritually warm?

2009 01-27, 0461 - THE POWER OF WORDS - There is an old saying that "sticks and stones may break my bones but words can never hurt me". I don't agree with that statement. I think words can create hurt. Those words often come from ourselves directed at ourselves.

2009 01-28, 0462 - A SUDDEN SQUALL - Sometimes we get caught in a sudden squall. It is a short moment in time where the weather makes a dramatic change and we can find ourselves totally unprepared. Squalls can also happen in a flurry of words and accusations. Being spiritually prepared can help you weather the storm.

2009 01-29, 0463 - SNOWED UNDER - We are snowed under here in the White Mountains, buried by another storm. It will take time to dig out. We get snowed under in many ways in life. We can work our way out one shovelful at a time with the Universe at our side.

2009 01-30, 0464 - WINTER'S RITUAL - There is a certain ritual that goes with surviving the winters here in New Hampshire. It is a routine that has sort of a spiritual awakening to it as we progress towards Spring. We prepare for coming storms, wait them out and deal with the aftermath while anticipating the next. Life can be like that with the anticipation of things getting better.

2009 01-31, 0465 - THE LAY OF THE LAND - When walking in the woods where you have never been before it is a good idea to get a lay of the land. You can do this by checking maps, reading a compass, or finding a high spot where you can look out over the landscape. It is a good idea to always have a perspective on your spiritual journey as well.

2009 02-01, 0466 - A SINGLE STAR - I saw a single star in the night sky as I looked out from the tree house. You are a single star among many who has been chosen by the Universe to reflect a beautiful light to the world.

2009 02-02, 0467 - SHARING YOUR GIFTS - Life is sort of like a potluck dinner. Each person brings a dish to share. Some people are known for their specialties and others count on them. What abilities do you have that you can bring the table of life to give nourishment to others?

2009 02-03, 0468 - SNOW ON THE ROOF - Many people are dealing with snow on their roofs here in the North Country. It is something that needs to be taken care of. We have a lot of things in our life that we should keep an eye on, including our spiritual connections.

2009 02-04, 0469 - THANK YOU UNIVERSE - It is easy to overlook thanking the Universe for the little miracles that take place in our lives on a daily basis. We often see the things that go wrong rather than those that go right. It is good to thank the Universe every day.

2009 02-05, 0470 - CHI ENERGY - Energy that moves through our body and is part of our life force can get interrupted when we are out of tune, mentally, physically, spiritually, or emotionally. This chi energy has a strong ingredient, which is unconditional Universal love. That force can help make us whole again.

2009 02-06, 0471 - WHAT FUEL DO YOU USE? - Here in the White Mountains people use many different types of fuels to heat their homes. It may be wood, solar, kerosene, oil, gas, electric, or a combination of the above. It could be something else. I believe that the Universal fuel that can power us is unconditional love.

2009 02-07, 0472 - ENERGY WAVES - Some of you may feel energy waves as their movement reaches you. Something propelled the energy, and we all experience it differently through our five senses: seeing, hearing, feeling, tasting, and smelling. It is something you have been doing since you were born? Do you know how you feel energy waves?

2009 02-08, 0473 - SHARING A STORY - I am finding that more and more people from all walks of life are opening up to sharing stories of unexplainable events in their lives such as miracles. Do you have a story or a message to share with someone that might need to hear it?

2009 02-09, 0474 - ATTITUDE CHANGE - A couple of warm sunny days in the middle of winter goes a long ways in helping one change their attitude about life. You begin to think there is a possibility of Spring. There is always something with us to help us change our attitude when we feel down. All we need to do is be open to experiencing it.

2009 02-10, 0475 - BETWEEN WORDS - Sometimes I do not have words to express my thoughts. Sometimes it seems as if there are no thoughts to put into words. This is true even when I ask the Universe for help. It is in these times I realize that in between words is a time to just experience unconditional Universal love.

2009 02-11, 0476 - GOD CONFLICTS - Sometimes we work so hard at trying to do the right thing for the Universe that when it doesn't happen the way we expected, we find ourselves in conflict with God. Once we realize that the Universe is in charge, not us, then we can get back to focusing on our assignment, which is to believe that there is a force out there helping all of us.

2009 02-12, 0477 - HIDING PLACES - I saw a chipmunk on the old dirt road gathering seeds to take back to its den. When it saw my truck coming towards it, it dove into its hiding place. The only problem was that his hole was made right in the road. Sometimes we choose unsafe places to hide.

2009 02-13, 0478 - MULTIPLE REALITIES - I find that in my metaphysical discussion group there are many different views of the realities that people are experiencing right now. There are also many different views as to how to help us all survive and work together. How do you think we can integrate all of these beliefs so that we can honor our soul's purpose?

2009 02-14, 0479 - THE OLD VEHICLE - Our old car has over 155,000 miles on it. It has survived an engine fire, as well as other mechanical failures. It gets good mileage and keeps on going. Over all, it has been a good investment. I believe the old vehicle inside of us that can keep us on our spiritual path is also a good investment. The newest isn't always the greatest.

2009 02-15, 0480 - A GOOD CUP OF TEA - I like to have a good cup of tea when I return from my moments with nature. It is a chance to sit, reflect, and get ready for the rest of the day. The tea is also good for me spiritually.

2009 02-16, 0481 - A STRETCH OF GOOD WEATHER - We have recently had a stretch of good weather. Of course there is always a storm someplace looming on the horizon. We have good stretches in life also. When life storms erupt, our spirituality can help us find our way back to the good.

2009 02-17, 0482 - LIFE IS A JAM SESSION - Life is a lot like a jam session where there are musicians who may never have played together creating music. Sometimes it is beautiful, and sometimes the group is out of tune with each other.

2009 02-18, 0483 - TILTING MY HEAD BACK - Recently I have found that if I tilt my head back while breathing in from the ground and the stars at the same time, it helps strengthen my connection to the Universe and Universal love. It is like inhaling a beam of light. How does this work for you?

2009 02-19, 0484 - A SINGLE PINT - Giving a pint of blood has several positive outcomes. It is good to help others, and it is also good for the giver. It is a chance to monitor aspects of one's health and to encourage the system to replenish its own supply. You can also share the life force of the Universe by sharing the love that can flow through you.

2009 02-20, 0485 - COMPOSING - A good song often writes itself. It is so easy it seems like little work and is completed in a short time. The same is true in all other arts. It comes through the artist from a source beyond. That same source is ready to flow through you.

2009 02-21, 0486 - LIFE IS A SCAVENGER HUNT - Life is like a scavenger hunt. We follow clues to find the pieces that fit with our soul's travels. Of course, most of the time these clues are very subtle and one must pay close attention to follow the directions.

2009 02-22, 0487 - PREDICTIONS - Another storm is predicted to drop a foot of snow on the region. Many people live by the weather forecast while others take no heed. The forecast may or may not be totally accurate. Predictions of the future are not cast in stone and are only potential outcomes based on current probabilities.

2009 02-23, 0488 - CHANGING OR RECHARGING YOUR BATTERIES - If I do not pay attention, I can run the batteries down on my recorder and lose my podcast when I am doing it. We need to be aware of our own energies and recharge our batteries emotionally, spiritually, physically, and mentally.

2009 02-24, 0489 - OPENING THE BLINDS - The other day I felt a blast of warm air as I opened the blinds behind my desk. It was a nice experience on a cold winter's day. Sometimes we put our blinders on and miss the warmth of Universal energy that is always there for us.

2009 02-25, 0490 - LARGER THAN LIFE - I recently saw a red tailed hawk flying through the woods. It looked larger than life and out of proportion to the rest of the environment. We encounter larger than life situations all the time. Our faith can help us shrink them down to manageable sizes.

2009 02-26, 0491 - YANKEE INGENUITY - When I broke the handle of the control of the bucket on my tractor, I wasn't sure if I could get a new part. Then I was reminded by my unconscious mind that I had a pair of needlepoint vice grips that might provide a temporary fix. It did. We have that same Yankee Ingenuity working for us all the time in the form of Universal guidance.

2009 02-27, 0492 - DIFFERENT VIEWS - There are so many different views to see as I walk the trails on the mountain. There are also different views of what is taking place here on earth at this time. I believe that when all is said and done that we are experiencing a transition that will eventually have a positive effect on the earth and all its inhabitants.

2009 02-28, 0493 - DEEP IN THOUGHT - Today as I walked down the old road I was deep in thought. When I got back to my truck, it seemed as if I had been gone a long time. It was a good journey, one that gave me the opportunity to talk to the Universe.

2009 03-01, 0494 - PERSONAL CONSULTANT - Wouldn't it be nice to have a personal consultant on call whenever you needed advice? You do have. You have a direct line to the Universe, and all you have to do is be open to it. It might take a little time for the answer to come back, but your communication is heard immediately.

2009 03-02, 0495 - WALKING DOWNHILL ON ICE - Recently I walled the old road on a ribbon of ice. I wore my creepers, but it took a bit to gain my confidence that they would hold their grip when I walked downhill. Your faith can help hold you safely as you walk the slippery slopes of life.

2009 03-03, 0496 - THE EBB AND FLOW - We are currently experiencing the ebb and flow of winter as it continues to hang on here in New Hampshire. Life has many ebbs and flows to it also. If we have a vessel that is trustworthy, we know we have a good chance of making it through, in tune with our life purpose.

2009 03-04, 0497 - WALKING DIFFERENTLY - I have found that I need to change my walk according to the temperature and the wind. I make adjustments for my asthma. We are currently making adjustments as to how we walk through life. The conditions aren't the same as they were. We do have the wisdom of the Universe to guide us.

2009 03-05, 0498 - A TIME TO GROW - Just as we are preparing to start the seeds for this year's growing season and the plants in nature are gathering energy to burst up through the soil, so too are we growing with this time of transition.

2009 03-06, 0499 - PUTTING THE CAT OUT - Did you ever have a cat that went to the door to ask out, only to change its mind when it didn't like the weather? The cat used to keep asking and changing its mind until I finally ran out of patience, and the next time I tossed it out. I think the Universe is getting ready to toss us out into the world of change. Are you ready?

2009 03-07, 0500 - A LOT OF HOT AIR - This is the 500th podcast of "Message From The Mountain". That is almost two days of talking. It is my hope and prayer that all this hot air is something that can be of use to you as you travel on your soul's journey. It has been to me.

2009 03-08, 0501 - HOW ARE YOU DOING? - How are you doing in these times of change? We are all affected. I believe that if we have a strong belief that we each really do have a purpose, and we hold to the prayer that we honor it, we will do okay.

2009 03-09, 0502 - A SOLID FOUNDATION - When I first started doing these podcasts, I had a basic premise that I was receiving positive information from the Universe when I was on my walks with Nature. To me my belief has a solid foundation that we are all connected to one great source in this incredible Universe.

2009 03-10, 0503 - STAYING UPBEAT - It is hard to stay upbeat in the middle of the winter when there is so much to deal with. Every day the sun shines a little longer and brings hope of the spring. So too will the winter time of the economy pass and the light of the future shine brightly.

2009 03-11, 0504 - RIDING A SEE-SAW - The ups and downs of the season remind me of what it was like to ride a see-saw on the school playground as a child. One moment your feet would be off the ground, and the next moment you would be touching the ground with your legs bent at the knees. Life has the same ups and downs. I believe the Universal Force can provide the balance.

2009 03-12, 0505 - A SEPARATE FREQUENCY - I believe that we all have a separate frequency in which we can tune into the Universe. The Universe can also send us signals that may connect to other frequencies.

2009 03-13, 0506 - CONNECTING FREQUENCIES - The frequency that we are on can be connected to other frequencies. I believe that there is a power in the Universe that has the capability to do this. It happens more than you would think.

2009 03-14, 0507 - FREQUENCY FILTERS - Once you have opened up to information coming to you, you may get more than you want. It is important to ask the Universe to filter the information that comes over your frequency. You can do this by prayer or perhaps a shield of gold or white light. You will feel comfortable with the right way for you.

2009 03-15, 0508 - OPENING THE CHANNELS - We have channels in our bodies through which energy flows. They can get blocked from time to time. It is important to keep them balanced and open. You might do that through Chakra exercises, massage, acupuncture, meditation, or other ways.

2009 03-16, 0509 - HAVING A READING - I had my first full reading the other day even though I am always with psychics. It was interesting, and there are many things to ponder and be aware of with the information I received. Have you had a reading lately?

2009 03-17, 0510 - OLD FRIENDS - We have visited old friends that I feel have a connection going back beyond this lifetime. We have too much in common not to have been together before. Do you have friends that span more than one lifetime?

2009 03-18, 0511 - PREPARING FOR THE FUTURE - This is the time of year to prepare for summer gardening by starting plants inside. It is also time to prepare for the changes that may be coming in the next few years as we prepare for 2012.

2009 03-19, 0512 - WATCH YOUR STEP - This the time of year when you really need to focus on where you are stepping or where you are driving. It is the beginning of mud season. It is also time to be aware of every spiritual step you make.

2009 03-20, 0513 - SPRING AGAIN - It's the date on the calendar that I've been waiting for months to arrive. It's spring! It is a time to feel renewed with hope for the days ahead.

2009 03-21, 0514 - WALKING ON THE CRUST - Warm days and freezing nights make it possible to walk on the snow's crust this time of year. It is possible to go where snowshoes were necessary during the winter. Your belief can also help support you as you walk the trails of life.

2009 03-22, 0515 - A BASIS FOR KNOWING - How do you know what you need to know at the time you need to know it? In order to know, I believe you need to understand what you already know so that you can weigh what you are learning.

2009 03-23, 0516 - CHANGE YOUR TUNE - "Change your tune!" is the phrase a local auctioneer uses when he wants to tell the audience that the next item will be more valuable. It is valuable to us to change negative language in our heads to positive language.

2009 03-24, 0517 - BUT - "But" is a little word that has a lot of power. It can stop you knowing what you really know. "But" can be an obstacle that keeps you from succeeding. By giving yourself permission to accept your gifts and abilities you can move beyond "but".

2009 03-25, 0518 - BEYOND THE BUTS - We set up roadblocks that stop us from succeeding when we find ways to use "but" in our thinking. Going beyond the "buts" is a way of giving yourself permission to accept the knowing that has come to you from the Universe.

2009 03-26, 0519 - MENTAL RESISTANCE - Our minds can contain a lot of resistance which can block our opportunities to achieve and stop us from making progress along our life purpose paths.

2009 03-27, 0520 - A CHANGE OF AIR - Sometimes we get caught up in stagnant air. We might not even realize it until we step out of it and then back into it. It is good to change the air, not only in your environment, but also in your mind.

2009 03-28, 0521 - SECRETS - Everyone seems to be looking for the secrets of life, for wealth, happiness, creativeness, and health. Actually there are no secrets in the Universe. All you have to do is open the window to your soul and the guidance that is there.

2009 03-29, 0522 - UNDERSTANDING THE SECRET - Once we become aware of something that few people know, we may not know what to do with it or if we can trust what we have learned. One of my favorite sayings is "Trust and Believe". If I use this, I am more likely to accept the "secret" knowledge.

2009 03-30, 0523 - GOOD MEMORIES - We are often influenced by our memories. Unfortunately for many it is the negative memories that dominate over the positive ones. Think about some positive ones that you can be grateful for and also be grateful that there are more to come.

2009 03-31, 0524 - SOMETHING ABOUT WATER - There is something about water that has always brought thoughts of old into my mind. Whether it is the ocean or a moving river, I am drawn to the flow of the energy. I am also drawn to the flow of Universal energy that connects me to the Divine.

2009 04-01, 0525 - MORE ON WATER - Today I used a hoe to help redirect the flow of the water from the recent rain and melting snow so that the soil and the old road would not wash away. When the blocks were removed, the water flowed freely in the way I wanted it to go. We can also improve the energy flow as we remove the blocks in our soul's memories.

2009 04-02, 0526 - MUSIC FOR THE SOUL - The sounds I hear in nature are music for my soul. There is also, in the energy of the music, an opening that can transcend time and space and connect me to the core of creativity.

2009 04-03, 0527 - WORKING WITH THE FLOW - There is a lot of energy flowing here in the mountains. You can feel it from the plants, the animals, the water, and the Universe. The more you prepare yourself mentally, physically, spiritually, and emotionally, the better you are to use the Universal energy to stay in tune with your soul's purpose.

2009 04-04, 0528 - ON DISPLAY - Many of us feel as if we are on display for the whole world to see our every action. Usually there is a time in a person's life when their psychic ability doesn't seem to fit with what others think and they try to hide it so they won't be ridiculed. It is okay to display that gift and use it in your life.

2009 04-05, 0529 - SPRING COMES SLOW IN THE MOUNTAINS - It may seem like spring in the valley, but winter still prevails in the mountains. We often try to rush the seasons as our soul progresses though its life purpose.

2009 04-06, 0530 - FALSE SENSE OF SECURITY - This time of year it is easy to get lulled into a false sense of security that winter is over and the ground is firm. Neither may be true and one can get caught off guard. When the ego takes over in life, it can create a false sense of security.

2009 04-07, 0531 - CLEANING UP THE DEBRIS - There is a lot of spring cleanup to do. Tree limbs, leaves, as well as other items that are left after the snow has melted. We also have debris in our minds that can always stand a good cleanup.

2009 04-08, 0532 - YOU DESERVE A HUG - On days when you want a hug and there's no one to give you one, it is easy to get discouraged. That is the time the Universe is there to help pick you up.

2009 04-09, 0533 - HOPE IN THE BLEAKNESS - This time of year has a very bleak landscape. There is little color and yet I seldom see the bleakness because I am focused on the hope of the warmer seasons ahead. If your life seems bleak, think of and be grateful for the beautiful times in front of you.

2009 04-10, 0534 - A BEAUTIFUL DAY - This is a beautiful day. It started by my being grateful for all of you and for the words that come from the Universe. I am grateful to share the love that is given to me through this podcast.

2009 04-11, 0535 - THESE WORDS ARE FOR YOU - I have learned to trust that the words, which come to me for a podcast, are meant for you and for me. You too have the ability to hear the words of the Universe as they come to you.

2009 04-12, 0536 - FINALLY - Finally the day has come when I can once again walk out to the clearing on bare ground. I have waited for this day all winter. There are a lot of other things in the Universe finally coming together. Have you noticed?

2009 04-13, 0537 - PUSSYWILLOWS - I noticed on my walk through the orchard today that there were a lot of bushes I needed to cut before summer. I had failed to do it last fall. Then all of a sudden I saw a beautiful long slender shoot covered with pussywillows. If I had cut last fall, they wouldn't have flowered this spring.

2009 04-14, 0538 - THE QUEST - It seems as though everyone is on some sort of a quest. We are all searching for something and going about it in different ways. For me it is still the meaning of life. What is your quest?

2009 04-15, 0539 - A VIEW OF THE MOUNTAINS - One of the main reasons we built our house where we did was to be able to have a view of Mount Chocorua. Now we have many places on the land to connect to this magnificent giant as it looms in front of us. It is a way for me to connect with the sacred energy of the earth.

2009 04-16, 0540 - THE SOURCE - The Source is always there in the Universe to help guide you. I reach out to it in Nature among other places. Where and how do you reach out to the Source?

2009 04-17, 0541 - STAYING CONNECTED TO THE UNIVERSE - It is easy to lose your connection to the Universe. It usually happens when fears and self-doubt are stronger than your belief that you are on the right track.

2009 04-18, 0542 - AFTERNOON NAPS - Lately I've enjoyed an afternoon nap when I get home from school. It is also a great way for me to spend some time communicating with my Source.

2009 04-19, 0543 - EXPRESSING YOUR INNER VOICE - I recently had trouble expressing what was in my mind to others because I had temporarily lost my voice due to laryngitis. We often have trouble expressing ourselves to others. Remember, there are many ways to express your inner voice.

2009 04-20, 0544 - A FIELD FULL OF ROBINS - The other day I saw a field full of robins. There must have been well over a hundred. It was great to see that Nature was well and ready for a productive season.

2009 04-21, 0545 - WALKING WITH FRIENDS - I love to show friends around the mountainside, especially if this is their first visit. I like to bring them out to the clearing in a way that they do not see the view until they get there. We do the same thing in life by helping others discover a different view. It can take them by surprise.

2009 04-22, 0546 - TURN RIGHT AT THE ICE AGE - We have many contemporary as well as old mysteries on the land. We know of at least three containers that are hidden for people to find. One of them is a letterbox. People from as far away as Texas have visited it and left messages. We recently guided our grandchildren to it but did not have the official clues with us, so I told them to turn right at the Ice Age. That is a place where they can see snow-covered Mt. Washington. We always have mysteries in our lives to solve.

2009 04-23, 0547 - MIND QUESTS - Sometimes when I come back from a walk it seems as if I have been on some sort of mind quest. In actuality, I may have been gone only a short time, but a different reality suggests the experience was timeless. A split second experience can totally change our lives.

2009 04-24, 0548 - SPRING SQUALLS - Today the weather is full of changes, sun one moment and a windy rainsquall the next. It is raw and cold outside and a good day to sit with a cup of hot tea. We have days like this in our lives where the moods around us keep changing. That is a good time to find a warm and calm place in your mind.

2009 04-25, 0549 - TRY OBSERVING YOUR DAY - It is often interesting to see how my day unfolds. It never goes as planned. Then again, maybe there is a plan for my day that was created by the forces that go with me. Try observing your day sometime.

2009 04-26, 0550 - EARLY MORNING THOUGHTS - I love to get up early in the morning and watch the world as it wakes up. It is a great time to connect with my source in the Universe. When do you find time to connect?

2009 04-27, 0551 - SPIRITUAL RENEWAL - Walking in Nature provides me a chance for spiritual renewal. Just by being there I can feel my spirit lifted. It is important we all have a place where we can experience spiritual renewal.

2009 04-28, 0552 - IMPERFECTIONS - When we search to find a way of rejuvenating ourselves, we usually look for a perfect experience. Now that it is warm and a great time to be out in Nature, I have to deal with ticks and black flies. The imperfections that surround me can distract me. The trick is to go beyond the imperfections to find the perfection of the moment.

2009 04-29, 0553 - TRIBUTE TO AN OLD PINE - Near the property line on top of the ledge stands an old dead pine tree. It has silently maintained a watch on the valley below for centuries. It is like a giant flag pole when seen from below. I wonder what lives on in its memories.

2009 04-30, 0554 - SWIRLING WINDS - It's amazing how nature reflects human conditions. We recently experienced strong swirling winds that did not seem to have a sense of direction. I also talk to a lot of people who have so many swirling thoughts in their heads that they have lost direction. When that happens, stop for a minute, breathe, and find shelter in your mind.

2009 05-01, 0555 - LIFEBLOOD - There are many different pests in nature that attack trees in the forest. They sometimes suck the lifeblood from the tree. We often feel the same, as if events or people were sucking the lifeblood from ourselves. Finding a way to be grounded can help us restore our energy.

2009 05-02, 0556 - DOWNLOADING - Megan's "Source" told me I would download information last night. I dreamed that I was given an ancient golden disc with information on the mysteries of the Universe. I believe we all have access to information in the Universe if we open to the "Source".

2009 05-03, 0557 - A DULL ROAR - I love to hear the constant dull roar of the ocean waves when we visit Ogunquit, Maine. We always have some sort of a roar going on in our heads. I see many people walking the Marginal Way who never hear the peaceful sound of the ocean. What do you choose to listen to on your mind?

2009 05-04, 0558 - A SEA OF WHITE - Yesterday as we walked back along the Marginal Way it appeared for a moment as if we were going to walk into a sea of white. The seagulls on the rocks below all took flight at once. Many times in our lives we run into unexpected seas of emotions. Like the gulls, if we go with the flow, they will pass on over us.

2009 05-05, 0559 - ALL OF A SUDDEN - After being gone a few days, I was amazed when I looked out the window to see the amount of leaf growth on the trees. All of a sudden things have changed. Actually the changes have been going on - it was just my lack of awareness. Changes take place in life the same way.

2009 05-06, 0560 - INVASIONS - Several years ago we planted a few Lilies-of-the-Valley in our flower garden. Today there are hundreds. That is okay, as it is a good invasion. However, other plants can choke out entire gardens and landscapes. There are both good and negative thought invasions of the mind. I choose to be invaded by love and gratitude.

2009 05-07, 0561 - GENTLE RAIN - Today there is a gentle cleansing rain falling. I love the sound on the metal roof. It is a time to reflect, read a book, and let your mind be cleansed also.

2009 05-08, 0562 - RESOLVE - It takes resolve to continue to work on changing your life. The more you believe in the reason and purpose, the closer to the result you get. Every setback can strengthen your resolve to get there.

2009 05-09, 0563 - A NEW WALKING STICK - The other day a friend gave me a new walking stick. The best part of the gift is the positive energy of the giver that goes with it. A walking stick helps support us as our belief does while we walk the trails of life.

2009 05-10, 0564 - MOTHERS DAY - Happy Mothers Day to all the mothers who tune into this podcast. Whether it is the official day or not makes no difference. May all of you also nurture the thoughts and dreams that come from your soul as you give birth to your incredible gifts.

2009 05-11, 0565 - A SEA OF BLUE - The forget-me-nots have spread over the years to provide a sea of blue blossoms this time of year. Someone who was willing to share their flower garden originally gave them to me. When we do things for others, we are sharing seeds that can spread just as the forget-me-nots.

2009 05-12, 0566 - A TAP ON THE SHOULDER - Have you ever felt as if something tapped you on the shoulder giving you a signal it was time to take action regarding the direction of your life? I think that you are probably receiving a tap from the Universe. Are you paying attention?

2009 05-13, 0567 - EVER-CHANGING LANDSCAPE - The landscape of the mountainside is constantly changing. Sometimes the changes are so subtle that they aren't noticed at first. Others are more dramatic. So too is the landscape of our lives ever-changing.

2009 05-14, 0568 - SNAPSHOTS - We may remember our past in snapshots. If we see someone we haven't seen in years, we may not recognize him or her because they have changed from the pictures of how they used to look in our mind. We may not even recognize ourselves from the past. At the same time, the past is a reference point as to how we got to where we are currently.

2009 05-15, 0569 - SOUL SCRAPBOOKING - Scrapbooking is very popular, and there are classes and conventions on how to best capture your memories and put them in a volume. You could also set all the memories of your soul in scrapbooks. They are all in your unconscious mind.

2009 05-16, 0570 - A TRIBUTE - We name trails and other sites here on the land in tribute to people. Tonight I have the opportunity to pay tribute on trumpet to a former colleague and friend Bill Gibson in the premiere of a concert band work commissioned in his honor. It is a great feeling to know that this selection will be available for bands all over the world to perform. It is a fitting tribute to my friend.

2009 05-17, 0571 - REFLECTIONS - There is a belief that what we send out in thoughts and actions reflects back to us in the same way. If you are thinking negatively, then that is what is coming back to you. If you feel love, then the reflection that comes back is love. What is your reflection?

2009 05-18, 0572 - FOLLOW THE CYMBAL PLAYER - I love to look for the unordinary, such as the things that happen around us that we may not be able to explain or understand, or even notice. The other night the cymbal player came in a beat early in the inaugural performance of a piece to honor a friend who had passed. This friend was a percussionist. I think that he just might have decided to begin the number with a cymbal crash. It was perfect.

2009 05-19, 0573 - UNDER A WATCHFUL EYE - I know that I am constantly being watched when I walk up Kyle's Trail to the clearing. The birds nesting in the area call ahead as I approach, warning all those within earshot to be aware. I am also watched over where ever I go by those that travel with me from other dimensions.

2009 05-20, 0574 - CREATE A LEGACY - Often people tell me that many of the places they enjoyed as a child have completely disappeared. They feel a sense of loss and sadness. I believe that they have absorbed some of the positive energy of the places they loved and can share that energy with others as a living legacy. Others may just pick up this energy and continue the legacy.

2009 05-21, 0575 - SPRUCING UP - Today is the day the bench in the clearing gets a fresh coat of paint. The long winter weather was hard on the finish. There is a lot of sprucing going on in the mountains, and you may be sprucing up yourself as well. That includes your mind, body, spirit and emotions.

2009 05-22, 0576 - BATTERY POWER - I need batteries to run my recorder and microphone when I do this podcast. The batteries provide the power to run the device to capture the words. I need to make sure there is enough charge in them to finish the task. We also need to take care of the batteries that power us on our soul's journey.

2009 05-23, 0577 - FLICKING THE SWITCH - The weather sure flicked a switch the last couple of days. The heat was turned on. I have talked to a lot of people recently who have had a switch flicked inside of them. They seem to be getting a clearer image of moving forward on their life purpose search. How about you?

2009 05-24, 0578 - GOING DIGITAL - In less than a month television will only be broadcast via a digital signal. There will be no more analogue signal. To continue receiving reception one must update their TV sets or get special equipment. We are essentially going through the same thing with ourselves as we prepare for the changes in 2012. Are you ready?

2009 05-25, 0579 - HONOR - Today we honor all of those that have served our country. They have given much so that we may enjoy our freedom. Whether you have been in the military or not, you probably have had at least one past life where you fought in a conflict. It is also good to honor your soul.

2009 05-26, 0580 - PINK LADIES - This is the time of year when the pink lady slippers are dressed up in their finest, waiting for the nature's ball to begin. The same is true for many of you who have been preparing for your soul to dance as it connects with its life purpose.

2009 05-27, 0581 - TUMMY TALK - I have a friend who gets intuitive feelings in her tummy. Over the years she has learned to pay attention to what her tummy is saying to her. We all have intuitive abilities. Do you know how your intuition talks to you?

2009 05-28, 0582 - INCUBATION PERIOD - Sometimes it takes me a period of time to incubate an idea that the Universe has given me. I sometimes try to act on it prematurely. Just as in waiting for chicks to come out of their shells, it takes patience. It is easy to give up but rewarding when staying the course.

2009 05-29, 0583 - THROUGH THE LAYERS - When my medium friend and I were talking with the Source the other day, she paused for a moment and said it was communicating on several different layers at once. I think many of us are getting information now on several different layers. It takes time and patience to differentiate between them so that a balance of knowledge can be achieved.

2009 05-30, 0584 - THINGS YOU CAN'T EXPLAIN - Have you ever experienced things that you can't explain to others? It might be something small or something big. It just happens. The unexplainable is happening around us all the time. Often we do not even notice.

2009 05-31, 0585 - A FLEETING GLIMPSE - It sometimes seems as if we get only a fleeting glimpse of summer. We often plan the things we will do when it arrives, and before we know it, it is gone and we missed our opportunity. Life can be that way. We need to be aware of the moment and take advantage of it.

2009 06-01, 0586 - A CHANCE MEETING - The other day I arrived at the trail parking area at the same time as two good friends. I had emailed both earlier in the week suggesting we get together. I had not heard from them nor had we discussed walking the trails, and yet there we were. Was it by chance or design?

2009 06-02, 0587 - ANOTHER DAY, ANOTHER ADVENTURE - Every day on the trail is an adventure. I recently went to move a rotten tree in the way that the wind had blown over. As I went to move one piece, I heard a buzzing sound, a nest for hornets or bees. Fortunately the weather was chilly and the insects were half asleep. I was able to safely retreat. We have all kinds of adventures every day that can help us learn and navigate through our lives.

2009 06-03, 0588 - HIGHS AND LOWS - Just as the temperature can vary some 40-50 degrees from night to mid-day so too can our moods in life. When you are low, it takes a lot of trust and belief that something will get you back on course again.

2009 06-04, 0589 - A MATTER OF FOCUS - I have a hard time focusing on things. I often walk out the door without what I had planned to take with me. The other day I had trouble seeing my wife even though she was right in plain sight and trying to get my attention. It is easy to fall out of focus with our soul's purpose, but once we are aware, we can get back in focus again.

2009 06-05, 0590 - LOOK IN THE CRYSTAL BALL - Wouldn't it be nice to have a crystal ball and be able to look in it and see the future? Some of you may be able to do that. Others of you may get your information in an entirely different way. We all have some psychic ability. Do you know what yours is?

2009 06-06, 0591 - GOING FOR GOLD - Recently the little junior high school band I have been directing this year took part in a competition. They have worked hard this year to build up their self-esteem. I told them that regardless of their score, if they did their best, to me that would be a gold medal intention. They did that and received the gold. That is all we can do in life, to have gold medal intentions. The Universe will take care of the rest.

2009 06-07, 0592 - A FIELD OF LUPINES - I love to travel the roads of Maine and upper New Hampshire this time of year. The lupines are in bloom. These beautiful wild flowers bring a sense of calmness as we rush by on our way to adventures unknown. Nature is all around us if we only see it.

2009 06-08, 0593 - MISSING TIME - Have you ever thought that you had been missing time? Perhaps you lost an hour, a day, or even a week. We need to be able to focus on the now, the future and the past at the same time to keep our bearings.

2009 06-09, 0594 - WHAT ARE YOU GOING TO DO WHEN YOU GROW UP? - What are you going to do when you grow up? That is a question I often ask when I see in a person's eyes that they are looking for something more in life. If you are thinking that way, why not give your thoughts permission to become a reality?

2009 06-10, 0595 - FRESH SALT AIR - I woke up to the fresh smell of the ocean and the sound of foghorns today. There is something about fresh salt air that helps cleanse the mind as we move along our soul's journey.

2009 06-11, 0596 - SEASONS OF LIFE - The landscape is lush with growing this time of year. Every season has something special about it. I love to see the blend of youth and age exploring the seasons of life together.

2009 06-12, 0597 - LIFE BULBS - There are carvings on the wall in ancient Egyptian pyramids that look like modern light bulbs. One interpretation of their meaning is that they were life bulbs, indicating the knowledge of rejuvenation of the body. Maybe it is time for us to find our life bulbs through the energy of the Universe.

2009 06-13, 0598 - THE SHIFT - I recently watched the movie "The Shift". It is about the moment in a person's life when they change their priorities from ego centered to a much broader view of focusing on others and their life purpose. Have you experienced a shift?

2009 06-14, 0599 - FLOODING - There are flood warnings today because it has rained so much that the ground can hold no more water. Flooding is also a technique to calm the active mind and help it focus.

2009 06-15, 0600 - ANOTHER STEP - My wife tells me that this is podcast number 600. It is just another step along the way to experiencing the beautiful Universal energy. Just take the step and open to its infinite wisdom.

2009 06-16, 0601 - GOODBYES - A friend called the other day to say goodbye. She was moving to another part of the country, leaving the place she grew and family behind to make a fresh start. To me it wasn't a goodbye but a hello to a brand new world and the opportunity to connect with her soul's purpose.

2009 06-17, 0602 - MYSTERIOUS VOYAGES - Every time a vessel leaves the safety of the harbor it is at the whim of the open seas. The navigational tools the captain has and the way they use them can have an impact on the safety of the voyage. There is always something mysterious about it. The same is true as we sail the waters of life.

2009 06-18, 0603 - DON'T FORGET TO ASK - I think many of us get out of sync with our Source when we forget to ask it for help. We often get caught up in worries and fears and over-think our situation. I believe there is a force we can always ask to help us with our worries and fears.

2009 06-19, 0604 - PROACTIVE - Not only is it necessary for you remember to stay in communication with your source, you also need to be proactive in doing it. In other words, the more you make an effort to ask for help, the more opportunity you have of receiving it.

2009 06-20, 0605 - REACTIONS - For every action there is a counter action. A pebble thrown into the lake sends out a wave. When you send out active energy there could be a reaction to it by others. Then you have a chance to react to others' actions in ways that keep you on course with your life purpose.

2009 06-21, 0606 - WATCHING YOUR ACTIONS - When you take an action, you are often caught up in the moment and fail to see the overall effect of the action. To take the best action for the whole, it is best if you can become an observer of your own actions. This helps you be aware of both the big and little pictures.

2009 06-22, 0607 - ALL ABOUT ACTIONS - You can watch a breeze flow through the trees twisting and turning the leaves as it goes. Energy does the same thing. An action on the other side of the world could affect you without your even knowing where it came from.

2009 06-23, 0608 - ANNIVERSARIES - Today is Penny and my wedding anniversary. Many years ago I knew that this person was to be an important force in my life. After all, we have worked together before. This week also marks the 20th anniversary of being struck by a car. It was an event that totally changed my life. I think this may have been part of my life plan and I cherish the adventures I've had along the way. Penny has been there a part of it all.

2009 06-24, 0609 - ENDINGS, BEGINNINGS - There is always something ending, and there is always something beginning in life. Sometimes the transition seems sudden and dramatic. If we can stand back and see the whole, we may find that there was a transition going on all the time.

2009 06-25, 0610 - BEGINNINGS, ENDINGS - We have now entered the time of year where we move towards the winter solstice. It is the beginning of summer. It is also a time to begin again as we move towards fulfilling our life purpose.

2009 06-26, 0611 - CASTING SEEDS - Part of my front "lawn", an area I do not mow, has been covered with beautiful flowers almost all spring. Most of the first plants were set in a garden along the stonewall, and since then Mother Nature has taken over casting the seeds throughout the area. We do the same thing whenever we live our lives in spiritual harmony.

2009 06-27, 0612 - 1980's - Today is the reunion of members of the bands at Kennett High School during the 1980's. It is also the 20th anniversary of my accident when a car struck me. It will be interesting to see how old students have grown and changed, and they will have the same opportunity to see how I have changed also.

2009 06-28, 0613 - REUNIONS - Reunions are a time to connect to people from the past. They could be family, co-workers, friends or classmates. Reunions are the opportunity to discover someone again for the first time. We sometimes grow apart from our belief, and we always have the opportunity to have a reunion there, too.

2009 06-29, 0614 - COUNTERCLOCKWISE - The weather pattern is rotating in a counterclockwise pattern. It has been a very rainy month. Sometimes our lives can be the same way. That is especially a good time to reach out to the rays of sunlight in your belief.

2009 06-30, 0615 - SPIRITUAL SUNSHINE - There were only three days in June without rain. Many of us have been affected by the lack of sunshine. This is the time when spiritual sunshine can play a very important part in our daily lives. It is always there for us to draw upon.

2009 07-01, 0616 - FOGGY MEMORIES - The consistent rainy and foggy weather reminds me of memories from foggy experiences I have had over the years. I'm sure this season will also become a memory in the future. Our memories do surface from time to time, and when they do, we can always learn from them, both the good and the bad ones.

2009 07-02, 0617 - MAYBE TODAY - Maybe today the sun will shine. Even as I think this I am looking out at a wet cloudy morning. Maybe today will be the day that you will decide to make a positive change in your life. If you believe in possibilities, it could happen.

2009 07-03, 0618 - THE BUDDY CHAIR - I have an oversized chair in the house that has just enough room for two people to squeeze into. When the grandkids are visiting they like to snuggle up in it. I like to think of my spiritual belief as having a buddy in the Universe that is always there to sit with me.

2009 07-04, 0619 - INDEPENDENCE DAY - Today this country celebrates Independence Day. We have the freedom to worship as we choose and make decisions in our lives. Those decisions also affect many other people. When we choose to be independent from spirit we find ourselves trying to carry the weight of the world alone. We are free to get the help we need.

2009 07-05, 0620 - SUMMERTIME - The green leaves and grass cover a lot of the blemishes on the landscape. The flaws will be hidden until later in the fall when the leaves fall off the trees. This is a great time of year to start improvements to the landscapes of our mind, body, spirit and emotional selves.

2009 07-06, 0621 - A PERFECT DAY - Yesterday was almost a perfect day. The temperature was just right, the humidity was low, and there was no rain. There is always something perfect in the day, but we often overlook it because we look for the things that are wrong with it. Then again, we often do the same thing in life.

2009 07-07, 0622 - LEARNING FROM THE BIRDS - There is a lot to learn from the birds that can be related to our spiritual lives. After we have been nourished by others, we need to learn how to find spiritual food for ourselves.

2009 07-08, 0623 - LIFE INSURANCE - Conditions in the woods often influence how a tree grows to maturity. Life situations also have an effect on us. I developed a love, early on, because of the influence of family encouragement. You can do the same with intuition gifts.

2009 07-09, 0624 - TRIPLETS - Yesterday we drove to the family cottage in Maine for a cousins' get-together. There are only five of us. My sister, who organized the day, is carrying on a tradition that goes back to our grandparents. After the day had ended, she saw a doe and triplet fawns on her way out the camp road. I believe this was a sign using nature that she had done well.

2009 07-10, 0625 - ARE YOU HAPPY? - How is your mood today? Are you happy or angry? A lot of people have told me lately that everywhere they go, they are met with angry people. How do you find happiness within your spiritual self? I try to reach out to something loving in the Universe and trust that I will be able to send out positive vibes in places where there are none.

2009 07-11, 0626 - SEEING IN THE SHADOWS - We recently watched "The Shadow Effect" at our spiritual movie night. The message was that our lives could be influenced by unresolved secrets that we carry with us. We often do not see into these shadows. Love and forgiveness can let us see into the darkness.

2009 07-12, 0627 - TIME TO PUT IT TO USE - I often get a "knowing" of someone's abilities that lie dormant within their soul and unconscious mind. There are self-doubts and fears that usually accompany these talents. Now is the time to resolve the fears and begin to put them to use to help others in this time of transition.

2009 07-13, 0628 - ON AN IMPULSE - Have you ever had an impulsive thought that caused you to change the direction of your day? Did you contact someone out of the blue, or take an action you had not planned on? Have you found that when you did, there was a reason beyond what you were aware of at the moment you had the impulse? Could it be that we are connected to others and events in ways that we are not consciously aware?

2009 07-14, 0629 - AN EARTH MASTER PLAN - Wouldn't it be nice to have an Earth Master Plan to follow when we get here? Perhaps we do if we would only let ourselves be open to using all of our senses to follow the clues.

2009 07-15, 0630 - PRIME TIME - This is the prime time of the year for many. The days are long and warm. Prime means to lay down a basis for things to come. It is not a time to look back, but forward.

2009 07-16, 0631 - THINGS ARE CHANGING - I think as we move towards 20-12 that many of us are making positive changes in our lives. It is exciting to see people beginning to use their talents to help others as we move forward on this great transition.

2009 07-17, 0632 - KNEADING THE DOUGH - There comes a time in making bread when it is necessary for me to use my hands to knead the dough. I immerse them into the sticky ingredients, working them with my fingers until a cohesive large ball is formed. We need to be willing to do the same with our life ingredients.

2009 07-18, 0633 - LATE WITH A PURPOSE - Sometimes we find that we are running late. That happens every so often with the podcasts. Usually there is a purpose that goes with the lateness that may be controlled by the Universe.

2009 07-19, 0634 - A DAILY ACCOUNTING - These podcasts are a way for me to keep a daily accounting of what is influencing my life. Do you keep some sort of an accounting of what is taking place in your life?

2009 07-20, 0635 - YOUR SOUL'S JOURNAL - Your soul contains a record of not only the events in your current life but of all the experiences of the lives you have had before. They are all there tucked away in your unconscious mind waiting for you to access them.

2009 07-21, 0636 - LIVING IN ILLUSIONS - In the picture-perfect world everything is perfect. Behind these illusions are often realities that are far different than the surface indicates. How we deal with the true reality can make a difference as to how the story comes to a conclusion.

2009 07-22, 0637 - CHOOSING HOW YOU LIVE - I was reminded the other day by a nearby smoker who was bothering my lungs, that I should feel lucky to be alive. As I thought about this statement, it made me aware of how differently people choose to experience living. Some destroy themselves in the process.

2009 07-23, 0638 - A GOOD SEAT - We took a couple of folding chairs with us on our trip to the coast. The thought was to use them at an outdoor concert, but we were able to use them and enjoy beautiful views of the ocean. We do have a spiritual seat that is always there to support us wherever we go.

2009 07-24, 0639 - CONTENT, NOT SATISFIED - I recently read a quote from Edgar Cayce that we should be content where we are in life, but not satisfied. If we are satisfied, then we may not strive to work towards higher goals. If we are not content, we may never move forward either. It is a balance of the two.

2009 07-25, 0640 - TRASH OR TREASURE - What you may consider as trash, someone else may think is a treasure. Do you have a gift or ability that others can see in you that you do not value? Many people do not value their own treasures.

2009 07-26, 0641 - DUST OFF YOUR OLD TALENTS - It seems as if there are currently a lot of retired athletes dusting off their old talents and attempting to make comebacks in their careers. The same is probably true for you as far as dusting off your soul's talents and intuitive abilities. It is time to bring them back and use them.

2009 07-27, 0642 - CHANGING YOUR MENTAL CLIMATE - Unlike the weather, we can change the climate in our minds. The next time you feel yourself in a foggy and rainy mood, try bringing in some spiritual sunshine by feeling gratitude and love.

2009 07-28, 0643 - UPHILL STRUGGLES - I found this morning that it was a struggle for me to walk uphill in the warm humid air. I could feel its effect on my ability to breathe. Once I got to the clearing I was able to move fine as long as I was walking on flat ground or going downhill. In life when it feels like you are struggling uphill, stop for a moment and reflect on where you are.

2009 07-29, 0644 - GETTING BACK TO THE SHORE - Swimmers that get caught in rip tides often have a hard time getting back to the shore. They struggle against the flow until they exhaust themselves. When life catches us in a rip tide, if we work with the flow, it may be easier to get back to our spiritual shore.

2009 07-30, 0645 - BREAKING UP THE CONGESTION - I recently had an acupuncture appointment that helped break up the congestion in my lungs and bronchial tubes. The application has really helped my breathing in this hot humid weather. I believe that we can get congested spiritually when the Universal energy flow has been interrupted. You can always take a moment to reconnect.

2009 07-31, 0646 - LIFE'S U-TURNS - We make many u-turns during our lifetime. Some we make out of fear, not wanting to go beyond where we are. At other times we are listening to our guides and know when it's time to make the turn. Do you listen?

2009 08-01, 0647 - INUNDATED - We have been inundated with rain the last several months to a point where we are nearing and will probably break the record for rainfall for June, July, and August combined. Life is like that also. When it happens, all we can do is seek a place where we can be out of the thrust of the storm. That is where your belief comes in.

2009 08-02, 0648 - THOUGHTS ON A LAZY AFTERNOON - Today I had an opportunity to stop for a moment, enjoy the lazy summer afternoon, and reflect on the conversations of the day. I wondered what the settlers 150-200 years ago on the same property would have thought. I wonder what memories from your souls' past you have in your mind.

2009 08-03, 0649 - SEARCHING THROUGH THE SEDIMENT - Imagine that we could search back through the core of our soul's existence just as a geologist can do with pond sediment. What would you find that would help you in your current life?

2009 08-04, 0650 - REPAIRING THE SOFT GROUND - Because of all the rain this summer, the ground is almost as soft as it is during the spring. It is easy to create a wheel rut where you do not want one if you do not pay attention. If you make one, it needs to be repaired while the ground is soft. In our lives we have many old ruts that have hardened. If we soften our internal ground we can make the repairs.

2009 08-05, 0651 - FULL MOON ENERGY - There is a lot of energy around the full of the moon. It can affect the high tides on the coast and water levels of springs inland. Imagine if we could use this energy for positive thoughts rather than some of the crazy actions people do during full moon periods of the month.

2009 08-06, 0652 - SUMMER MEDLEY - This is the time of year to combine fresh vegetables or fruits into delicious summer dishes. You are a collection of many different ingredients that can be mixed or matched to help others.

2009 08-07, 0653 - A COLLABORATION - When we collaborate with others, we often complement each other's skills. When we collaborate with the Universe, we are working with the Master.

2009 08-08, 0654- SEEING THE UNEXPECTED - There are reports of people in this area seeing animals that are not expected to be here, such as monkeys or mountain lions. Are they real? You may also see things that connect you to other times and places. Is that real?

2009 08-09, 0655 - YOU ARE A BOUQUET - The flower gardens are filled with many varieties of flowers this time of year that make beautiful bouquets. Unfortunately many people pass by without noticing these bouquets. People may not notice how beautiful you are as a bouquet, but the Universe does.

2009 08-10, 0656 - SOMETIMES THE CLUES ARE HARD TO FOLLOW - It isn't always easy to follow the clues that have been given us to find our soul's purpose. They can be hidden under layers of life situations, but they are there.

2009 08-11, 0657 - KEEPING YOUR MENTAL BALANCE - It is hard to stay balanced in our lives. If we can find our sacred space within, then we can go to a place in our mind where we can find a balance with the help of the Universe.

2009 08-12, 0658 - FINDING YOUR SPIRITUAL BALANCE - I believe one of the most important ingredients in our lives is our spiritual balance. It is important to have the support of something in the Universe as we walk our soul's path.

2009 08-13, 0659 - THE PROCESS OF WAKING UP - Sometimes I wake up with lots on my mind that I need to do, and sometimes I wake up slowly and relaxed after having a few intense days. The Universe is determining how our soul is waking up.

2009 08-14, 0660 - FAMILIAR AND UNFAMILIAR ROADS - Even though we have lived in the valley for many years, there are places we have never been before. The landscape keeps changing. In life we travel both familiar and unfamiliar roads. Each is always an adventure.

2009 08-15, 0661 - COLLECTING THE MATERIALS - As the date approaches for a "Pond Party" at the Center, materials for the project are being donated and gathered. The pond, kit, carpet, and stone are already there. In life we have been collecting skills, abilities, items and experiences that we can share with others during this time of transition.

2009 08-16, 0662 - UNEXPECTED VISITORS - Last night we had an unexpected visitor. It was a very young moose, and we watched it as it pulled at the branches of an apple tree. In life there is a lot of unexpected that may just have been planned by the Universe.

2009 08-17, 0663 - BUILDING A POND - Yesterday a group of 12 volunteers came together to build a small meditation pond at the Center. It became a reality one shovelful at a time. One step at a time can help you build and complete your soul's purpose.

2009 08-18, 0664 - HEAT WAVES - Heat waves can bring out the best and the worst in people. If we are too close to each other, it can create anger, and if we are separate enough and can find heat relief, it is a wonderful experience. Heat waves need to be balanced just as in all other aspects of life.

2009 08-19, 0665 - PLAYING JAZZ ON A SUMMER NIGHT - Playing jazz on a summer night is very special. The music seems to flow better than usual. I am grateful that I have the chance to musically communicate with others. It is a spiritual experience.

2009 08-20, 0666 - SEED FOR THE FUTURE - Recently I visited an experimental farm that tests the seeds that will be sold in the future. It is also true for life. We are all planting seeds to help others in the future.

2009 08-21, 0667 - PROTECTING THE CROPS - Animals and birds enjoy eating the crops before they are harvested. Protecting the fruits and vegetables may require a lot of effort. Sometimes we never get to harvest the spiritual crops we attempt to grow because something gets in the way. If you ask, the Universe will help.

2009 08-22, 0668 - A CERTAIN PLACE, A CERTAIN TIME - Have you ever noticed how you wound up in a certain place at a certain time when you made a special connection to someone else? Is it the Universe that somehow knew to place you there?

2009 08-23, 0669 - CREATING SPACES - It has been a dream or a knowing of mine for many years that spaces would be created at the Center that would help people to connect to the unconditional love of the Universe. It is exciting to see this turn into touchable realities, thanks to many people. You can do the same wherever you are.

2009 08-24, 0670 - SOLVING THE UNSOLVABLE - Most of us face situations in our lives that seem unsolvable. When you encounter one, that is the time to let the other side and the Universe solve what seems impossible to you.

2009 08-25, 0671 - ROGUE WAVES - A rogue wave is a very large wave that can take a boater or even a spectator on the shore by surprise. The results can be deadly. We often feel like we have been hit by a rogue wave in life. Your team can help provide warnings and guidance.

2009 08-26, 0672 - COLLECTING ROCKS - We have countless rocks of all sizes and shapes here on the mountainside. Recently I collected large flat ones for the waterfall. Rocks are a symbol of a foundation such as the faith that keeps you going.

2009 08-27, 0673 - FOLLOWING YOUR DREAMS - I like to ask people what they would do to help others if there were no obstacles to keep them from accomplishing what they dreamed of doing. The dream itself is a reality if one accepts it as so. Next come the miracles to actually bring it to fruition.

2009 08-28, 0674 - FINISHING TOUCHES - After we have stripped everything away and started to rebuild, we come to a point where the only thing left to do is add the finishing touches to make the project complete. In life we are constantly stripping away, rebuilding, and adding the finishing touches as we honor our soul's purpose.

2009 08-29, 0675 - HEALING THE LANDSCAPE - People often do not take care of the landscape around them. They take the topsoil and mine the gravel or strip the trees, leaving large open wounds. Over time nature will heal. So too can the Universe heal our landscapes.

2009 08-30, 0676 - COMMUNITY EFFORTS - People are coming together to help support each other in many different ways. One example is community-supported agriculture that encourages the use of local grown produce. The Universe is also a source of community that can help support you in your travels in life.

2009 08-31, 0677 - HINTS OF CHANGE - There are a lot of hints from nature that the seasons are changing. Apples are turning red and the leaves are beginning to change. So too are the seasons of our lives.

2009 09-01, 0678 - MORNING CHILL - There has been a chill in the morning air the last few days. It is a welcome change. In life when you are uncomfortable you can make changes that help you on your life path.

2009 09-02, 0679 - BALANCING THE FLOW - The meditation pond needs to maintain the proper balance of water flow. It is necessary to add more water when the level drops. We need to maintain a proper balance in life for the mind, body, spirit, and emotional selves.

2009 09-03, 0680 - THE POND'S ENVIRONMENT - Wetlands have their own special environment. Man can throw the balance off. The universe will help us keep our proper balance. We can learn from a small pond.

2009 09-04, 0681 - PULLING THE WEIGHT - Usually the agricultural fairs feature a horse or oxen pull. The animals and owners compete to see which team can carry the most weight over the greatest distance. There needs to be rest in between each pull. Do you stop and rest?

2009 09-05, 0682 - IS LIFE A COMPETITION? - So much in life is based on competition. Perhaps it's something engrained in our subconscious minds since caveman days. I would like to think that life is an opportunity for accomplishing our soul's purpose during this lifetime.

2009 09-06, 0683 - AN OPPORTUNITY TO GROW - As Labor Day comes and goes, it is the time of year where the opportunity has arrived to plan for the fall. It is a time of year to investigate what you might study or re-connect with to become more in tune with your soul's purpose.

2009 09-07, 0684 - PERFECTING YOUR SKILLS - Just like those who exhibit their crafts in fairs in hopes of getting a blue ribbon, you have the opportunity to perfect your God-given talents to be used to help others. You get a blue ribbon from the Universe for your efforts.

2009 09-08, 0685 - THE RIGHT STUFF - I have way too much stuff in my life. I don't notice it as much as others. Recently we cleaned up a lot of stuff on the grounds of the Center. Some had been there for a long time that I thought I would use someday, but never did. Do you have the right stuff with you?

2009 09-09, 0686 - LOST IN OURSELVES - I have had the experience of getting lost or turned around in the woods. It is not a pleasant feeling. Fortunately it was only for a short time, and I found my way out. It is possible to get lost in ourselves, and it is the help from the Universe that gets us back on track again.

2009 09-10, 0687 - MIRAGES - I'm sure you have heard stories of sailors at sea or travelers in the desert who think they have seen land or an oasis, only to find it was their mind playing tricks on them. We can experience mirages as we experience being lost in our minds.

2009 09-11, 0688 - A DAY OF REMEMBRANCES - Today is the eighth anniversary of 9/11/2001. It is a day to remember those who lost their lives and those who valiantly worked to save others during that great tragedy. It is a day to remember to be grateful and renew our quest to honor our soul's purpose.

2009 09-12, 0689 - CHANGES - Many changes are taking place in Nature as we approach Fall. The leaves are turning, and the temperature is dropping. There are also changes taking place inside of each of us.

2009 09-13, 0690 - PIN THE TAIL ON THE DONKEY - The childhood game of "Pin The Tail On The Donkey" reminds me of how many people are searching to find the right place to honor their soul's purpose. Life spins us around, and it is easy to get confused.

2009 09-14, 0691 - LOST AND FOUND - Have you ever lost something at a certain place and later found it in the lost and found area? Many of the abilities you thought that you lost are waiting for you to find them again and put them to use.

2009 09-15, 0692 - FEELING THE VIBES - Have you ever heard crystal or Tibetan bowls being played? There is something about their vibrations that ring us back to the core of our existence.

2009 09-16, 0693 - THE VERY CORE - When we peel back all the layers we are the very core of our existence. That is when we are closest to the God of the Universe. Prayer and meditation can help us get there.

2009 09-17, 0694 - SOMETHING ABOUT THE SEA - There is something about the sea that speaks to the very core of my existence. It is sad, happy, adventurous, foreboding, and healing. It is a part of my soul.

2009 09-18, 0695 - SOMETHING ABOUT THE MOUNTAINS - There is something about the mountains that speaks to me. They take me back to a time in my soul when I found peace and wisdom from the vast Universe. The wisdom is still there.

2009 09-19, 0696 - SOMETHING ABOUT THE TREES - There is something about the trees that speak to me. I have a distant memory in my soul of tree lined country lanes. Trees are like people, and the old ones have survived many adversities in nature, much as we do in life.

2009 09-20, 0697 - SOMETHING ABOUT THE FLOWERS - There is something about flowers that speaks to me. I look forward to the earliest spring blooms and the last bit of color in fall. In the dark of winter poinsettias give hope for lighter days. You are as beautiful in the eyes of the Universe as a delicate flower.

2009 09-21, 0698 - SOMETHING ABOUT THE BIRDS - There is something about the birds that speak to me. I love to hear their songs and calls as I walk the trails. Birds symbolize freedom and are an important part of our environment. May you soar like the birds as you journey through life.

2009 09-22, 0699 - SOMETHING ABOUT THE ANIMALS - There is something about the wild animals that speaks to me. I believe that often when I see an animal in the wild, I am receiving a sign from the Universe. If you encounter the same species on a consistent basis, you may want to check the spiritual meaning of the animal.

2009 09-23, 0700 - SOMETHING ABOUT THE EARTH - There is something about the earth that connects me with ancient beginnings. The earth can help ground us when our minds want to soar in swirling directions. Remember to breathe up from the ground as well as down from the sky.

2009 09-24, 0701 - SOMETHING ABOUT THE WIND - There is something about the wind. It is restless and sometimes foreboding. It represents energy ready to propel us in all its forms along our life map.

2009 09-25, 0702 - SOMETHING ABOUT FIRE - There is something about fire that creates fear as well as a sense of wonder inside of me. When fire is harnessed, it can provide warmth and energy. When it is out of control, it can cause destruction. How does the fire burn in your soul?

2009 09-26, 0703 - SPLASHES OF COLOR - The fall landscape is dotted with splashes of color. It is a beautiful time of year. You too have a landscape that can reflect the brilliance of the Universe if you so choose.

2009 09-27, 0704 - PILES OF STONES - In one area on the property we have large piles of stones that were gathered by the settlers nearly 200 years ago. Whoever made the piles left them there and never used them to make stonewalls. In our lives we often make piles that we never use.

2009 09-28, 0705 - SOMETHING ABOUT THE RAIN - There is something about rain that causes my mind to slow a bit. I love the sound of rain on a metal roof. Rain is nourishment for the earth. It helps grow the plants that feed our bodies and give us strength for our soul's quest.

2009 09-29, 0706 - APPLE CIDER TIME - It is apple cider time - that season of the year when the apples are ready to press into golden nectar. You are the apple tree of spirituality, and your fruits are ready to serve the many that are waiting.

2009 09-30, 0707 - ENOUGH FOR A PIE - Finally after trying for several years, there were enough apples in the orchard for a pie. It is a lot of work for such a little reward. Actually the real reward is having the opportunity to give the trees a chance. You have enough ingredients in your life journey to create your own pie.

2009 10-01, 0708 - MOUNTAIN TIME - The mountain behind us where I love to walk seems to have its own agenda. It brings people together to experience the ancient history that is recorded in its memory. Wherever you are, you may be connected to more than you realize.

2009 10-02, 0709 - IN THE DISTANCE - Yesterday I could see snow squalls in the distance, weaving in and out of the higher peaks to the west and north. It won't be long now until they find their way to our location. Spiritually, what we thought was a long time away is now close at hand.

2009 10-03, 0710 - RAIN CREATES BRILLIANT FOLIAGE - On this rainy day I will enjoy the brilliant fall foliage. Rain helps the leaves to shine against the dark wet bark. You too shine when your spiritual light is on during rainy days in your life.

2009 10-04, 0711 - DISAPPEARING IN YOUR MIND - Wouldn't it be nice to leave a stressful situation and go to a relaxing place to get away? You can if you use your mind and your spirituality.

2009 10-05, 0712 - THERE ARE CHANGES GOING ON - Just as the seasons are changing, there are also changes going on within the nature of our being.

2009 10-06, 0713 - WORKING THROUGH LIFE TRAFFIC - When I go to the fair, there is a lot of traffic to work my way through. First are the jams on the roadway in. Then comes all the foot traffic inside the fair. We have a lot of life to work through also.

2009 10-07, 0714 - FAIR WEATHER - Fall brings the Fryeburg Fair. Many people come together to make it a success, regardless of what the weather is doing. You have all the ingredients to create fair weather in your life.

2009 10-08, 0715 - DEMONSTRATIONS - There are many demonstrations taking place at the fairgrounds and many opportunities to learn. In life we also have many opportunities to learn if we watch all the demonstrations taking place around us.

2009 10-09, 0716 - WEARING LAYERS - When you go to fair, you want to have several different layers of clothes. I have clothes for wet weather, warm weather, and cold weather. We also wear many layers in life.

2009 10-10, 0717 - FOREVER LINKED - The fair has an exhibit that features two bull moose that died in battle when their antlers became locked together and they couldn't get free. There are habits and emotions that forever become locked inside ourselves. Fortunately we don't have to be trapped. Your belief can set you free.

2009 10-11, 0718 - NEAR MISSES - We have many near misses that could have affected how we live our lives. For some reason, events played out the way they did. Have you had many in your life?

2009 10-12, 0719 - MOUNDS OF GARBAGE - Now that the fair is over there are many mounds of garbage left for disposal. Within that garbage are probably treasures, and there will be people

going though it looking to find something of value. There is usually something of value to be learned from the garbage in our lives that we seek to get rid of.

2009 10-13, 0720 - SNEAK PREVIEW - Winter is giving the higher mountains of New Hampshire a sneak preview of the season to come. The Universe is always giving us sneak previews to help guide us along our journey.

2009 10-14, 0721 - GROUP TOUR - Have you ever been on a group tour with endless lines waiting to get on and off the bus or waiting for meals? We are also on a group tour of earth. Are you stuck in line or do you have the freedom to move?

2009 10-15, 0722 - WHICH ILLUSION FITS YOU? - There are opinions that our existence here on earth is just an illusion. The question is, "What is really real?"

2009 10-16, 0723 - GROUP ENERGY - Do you believe that people can come together to use their combined energy to positively or negatively affect conditions in the world?

2009 10-17, 0724 - SKILLED MANIPULATORS - There are people who have a natural ability to manipulate others. Often this ability is used for personal gain.

2009 10-18, 0725 - ALWAYS BE AWARE - It is a good idea for you to always be aware of what is taking place around you. We sometimes get lulled into a false sense of security. Awareness gives you choices.

2009 10-19, 0726 - IN A GOLDFISH BOWL - Sometimes it feels as if we are in a goldfish bowl with everyone staring down on us. People stare at nature and crowd it out trying to get the best view.

2009 10-20, 0727 - BIG MAP, LITTLE MAP - Recently we left the big map of where we were going for the day at the place we were staying. Fortunately our portable GPS, along with a local map, helped us find our way. The Universe provides you with both a big and little map for your soul travels.

2009 10-21, 0728 - BLACK SQUIRRELS - In Canada there are black squirrels, a kind we do not have in New Hampshire. Just as nature has many different family members, so do we in the human race.

2009 10-22, 0729 - MAZE OF CANALS - Lagoon City on the shore of Lake Simcoe in Canada is a maze of canals. People can keep their boats right next to their houses. Sometimes it seems as if life is like a maze of canals. It can be confusing, but with the help of the Universe we can find our way to our homes.

2009 10-23, 0730 - A SYSTEM OF LOCKS - Before trains people depended on waterways to transport goods. Locks were used to help boats navigate up and down the rivers and canals. Our belief can help lift us up as we navigate the waters of life.

2009 10-24, 0731 - MERGING WATERS - The color of the water in the Severn River near Orsilla, Ontario can change from dark to emerald green. It depends on which contributory has the strongest flow. We are influenced by different energies that enter our lives.

2009 10-25, 0732 - ON THE FLY - We saw a great many Canadian Geese migrating south on our trip. They somehow know their destination. Is there something inside of us that knows where we are going?

2009 10-26, 0733 - TREAD SOFTLY - The natives managed to live with the land by treading softly. We have a habit of trying to change nature for our own purpose, not necessarily in a way that has a divine purpose.

2009 10-27, 0734 - CARPET OF LEAVES - I recently walked the trail covered with a lush soft carpet of leaves. It felt good to be home. Wherever you are, the Universe spreads a carpet before you as you walk towards your soul's purpose.

2009 10-28, 0735 - MAKING POPCORN - I love popcorn. On our recent trip we forgot to take the microwave popper. I remembered hearing people say they popped corn in a brown paper bag. It worked. You have ideas that can be opened, even if you don't think you have a way to do it. Just reach out to the Universe.

2009 10-29, 0736 - SOCIAL NETWORKING - Social networking is the new fad that has connected many people to friends from the past. It is a way to include others in daily activities, thoughts, and whatever else is going on at that moment. My social network starts with a conversation with my high power.

2009 10-30, 0737 - KEEPING SCORE - How did you do over the summer? Did you accomplish what you had wanted to? How do you score yourself? Perhaps the Universe had different goals for you and scored you higher than you did yourself.

2009 10-31, 0738 - SCARE TACTICS - There are a lot of scary people, big and small, prowling about on Halloween. We are constantly bombarded with scare tactics all year long. When we live in fear, the fear grows. It shrinks when you shine the light of your connection to the Universal core of goodness.

2009 11-01, 0739 - THE DAY THE LEAVES DISAPPEARED - Yesterday the wind pulled the leaves off the trees in front of our house. When we looked out the window this morning, we could see the mountains in the distance for the first time since late spring. You could wake up any morning with a different view of your life.

2009 11-02, 0740 - GETTING SLIMED - I got slimed on Halloween! I was moving some bags of mulch that were heavy and wet, and all of a sudden I discovered I was covered with green slime. Sometimes we get slimed in life when things go wrong. Thank goodness a positive connection to our belief can help clear it away.

2009 11-03, 0741 - GETTING DIVERTED - Last night after I had waited a half hour for the highway to clear from an accident, I was informed that I needed to turn around and take a long detour. It was 10 p.m. and I had to follow a strange road with little signage. I relied on the compass in my truck and looked for signs. The Universe gives us signs when we find the way unfamiliar.

2009 11-04, 0742 - SEASONAL BONUSES - Once the leaves have disappeared I can see an alpine glow many mornings on the mountain range across the valley. It is a seasonal bonus. There are many little bonuses in life that we might overlook as we hurry along our way.

2009 11-05, 0743 - FLANNEL LINED - It is almost time to change to my flannel lined jeans. I will wear them through the winter (I have several pairs) until it gets warm again. Your belief can help you feel comfortable through the difficult times of your life.

2009 11-06, 0744 - ADJUSTING TO TIME - I still haven't fully adjusted to last week's time change. My sleep pattern is having trouble adapting to the hour difference. We also need to make adjustments in our lives to stay in sync with our purpose.

2009 11-07, 0745 - POWDERED SUGAR - Recently the landscape looked as if the Universe had sprinkled powdered sugar all over it. It was the first snow, and it was magical. If we pay attention, there is always magic to be found in our lives.

2009 11-08, 0746 - SIDE BY SIDE - I have found the best way for me to transcribe old tapes for a current writing project is to work with two computers side by side. It is much easier than with just one. It is much easier to walk our life path when we walk side by side with our faith.

2009 11-09, 0747 - A REPRIEVE - Today we are being given a reprieve from the colder weather soon to come. It is a chance to prepare for winter. Just reaching out for an instant to our belief can give us a reprieve from the moment and help us regroup.

2009 11-10, 0748 - JUNK MAIL - We get a lot of junk mail at the post office as well as on the computer. Sometimes it's hard to tell the difference between what is valuable and what is junk. The same is true in life.

2009 11-11, 0749 - SPIRITUAL FILTER SYSTEMS - We use filter systems in many areas of our lives, from the air we breathe to the water we drink. We also have a spiritual filter system to help us on our life path.

2009 11-12, 0750 - RESTART - Today I had to restart recording the podcast several times. Finally I realized I needed to change the direction I was going in. Then it went smoothly. You always have a chance to restart your life in a better direction.

2009 11-13, 0751 - THE BIG GUY - I have been told by many of my psychic friends that they see a big guy behind me. It is nice to know that I do not travel alone. Do you know who travels with you?

2009 11-14, 0752 - WHO'S BEHIND YOU? - I am currently involved in an intense writing project, and recently someone with the gift of sight saw the subject of my work behind me. It is someone that lived almost two hundred years ago. Do you know or have you ever wondered who is behind you?

2009 11-15, 0753 - IMMERSED IN FOG - I found myself totally immersed in fog last night driving to a gig. I actually had to stop a couple of times to get my bearings. Life can be the same way. I believe that we do have something to guide us when the way is unclear.

2009 11-16, 0754 - CLOSE CALLS - Last week I had a close call driving home from an evening jazz rehearsal. A car veered across the line right at me. I took evasive action, something intervened, and I continued on my way unscathed. Have you experienced something like this?

2009 11-17, 0755 - MISSED OPPORTUNITIES - I'm sure most of us look back in life and see opportunities that we missed out on. I have learned to trust that when an opportunity arises, my team will guide me to make the right decision and take the right action for the best of all.

2009 11-18, 0756 - JANE TENNEY'S TRANSITIONS - We are all constantly involved in transitions as we prepare for the future. Sometimes we don't even realize what is propelling or compelling us. Jane Tenney has written a beautiful little book called TRANSITIONS on her experiences with the deaths of loved ones and the inspiration she found in nature.

2009 11-19, 0757 - REFLECTIONS OF LIFE - When I look into someone's eyes, I often see the reflections of their soul. Many people try to cover up what they do not want others to see. My goal in seeing my real self is to have my eyes reflect the passion I still have for the mysteries of life.

2009 11-20, 0758 - NAGGING LITTLE INJURIES - Sometimes we get one of those nagging little injuries that seem to resist healing. They can happen mentally, physically, emotionally, or spiritually. We get help for the physical ones and a positive belief can help heal the others.

2009 11-21, 0759 - LETTING THE WARMTH OUT - Imagine what the world would be like if everyone started the day with a smile and a feeling of love and gratitude regardless of their current situation. Would there be a global warming of how people relate to each other?

2009 11-22, 0760 - PULLING THE PLUG - From time to time I have to pull the power plug to our cable connection in order to reestablish a good connection. Sometimes we need to do the same with the world. Having a sacred space in your mind can help you do that.

2009 11-23, 0761 - A GOOD TIRED - There is a difference between being exhausted and being tired. If I pace myself when I'm straight out and take frequent mental breaks, I can get through a busy time feeling a good tired and not depleted. You can stop and catch your breath wherever you are.

2009 11-24, 0762 - GIVE ME A BREAK - How often do wish you could just say "Give me a break" and step away from situations in your life? You can take a break in your mind by going to your sacred place and letting your team watch out for your interests while you are gone for that brief period of time.

2009 11-25, 0763 - TAKE A MENTAL BREAK - Do you take frequent mental breaks? It is a great way to clear out stress in your day. Think of a thing or a place filled with unconditional love and go there for a brief moment.

2009 11-26, 0764 - THANKSGIVING DAY 2009 - Thanksgiving Day 2009 is a day to give thanks for all the blessings of the past year. Imagine what it would be like to celebrate Thanksgiving every day? I don't mean the food, just simple gratitude for the good and for the belief that things that worry you will be resolved for the best of the whole!

2009 11-27, 0765 - GETTING THE BEST VALUE - Today is Black Friday, the kick-off to the holiday shopping season. Many of you will venture out early to take advantage of the best values. It is a one-day event for many stores. Whenever you connect to your belief, you are getting the best spiritual value.

2009 11-28, 0766 - REHARMONIZING LIFE - I was given a jazz book of holiday music last year and I am really enjoying discovering a blend of different rich sounds accompanying old familiar tunes. It is good to reharmonize our lives every once in a while. To do this, all you have to do is see something from a new and richer perspective.

2009 11-29, 0767 - JUST A MATTER OF A FEW MILES - The snow line was just the matter of a few miles away in the recent storm. Many travelers were caught unawares as they traveled through the notches. On the road of life it is always good to have your spiritual travel kit with you.

2009 11-30, 0768 - A LIGHT IN THE DARKNESS - The days are still getting shorter as we prepare for the holiday season. Winter lights help light up the darkness. When we focus on them, spiritual lights are there to brighten our dark days.

2009 12-01, 0769 - IN BETWEEN SEASONS - We are currently between seasons. One day it snows and the next day it rains. Temperatures can fluctuate between freezing and mild. Many of you are in between seasons in your life. It is a great time to prepare for the excitement to come.

2009 12-02, 0770 - NEW BEGINNINGS - After watching the first concert of a beginning high school music program recently, I realized the "beginning program" had actually started a few years before when the basis for it was established. When we think we are beginning something new in life, chances are that there is already a base to start from.

2009 12-03, 0771 - ICE RIVERS - With all the rain recently, if the ground freezes suddenly, we will have rivers of ice cascading down the mountainside. When the water oozes out of the ground, it freezes and builds into a solid mass of ice. Sometimes the drops of water of our soul feel frozen in place along our journey. Spiritual warmth can help get you moving again.

2009 12-04, 0772 - GETTING INSPIRED - For me to be creative, I need to be inspired. Part of that inspiration is the belief that what is being created may help someone else. I always feel inspired and full of hope after finishing a podcast. It is as if something is talking to me while I am talking to you.

2009 12-05, 0773 - SO WHAT INSPIRES YOU? - Yesterday I thought about what inspires me, and today I wonder what inspires others. How do you get inspired to find ways to brighten other people's lives?

2009 12-06, 0774 - FIRST COVERING OF SNOW - We had our first measurable snowfall last night. We are now in Winter Mode, but there are still things unfinished from the Fall that I will have to address in the Spring. When life situations change, we need to be aware of issues from the past that remain unresolved.

2009 12-07, 0775 - 'TIS THE SEASON - 'Tis the season! It is a time that many people look forward to and others dread. It is a time to be grateful and to share our gratitude with others. Each year we can discover this season for the first time again.

2009 12-08, 0776 - WATCHING THE FORECAST - I watch the weather forecasts more than usual this time of year to give me an indication of how to prepare for the next day or two. The forecast is a guide and subject to change. The Universe gives us forecasts for life all the time. Unfortunately many people never tune in to them.

2009 12-09, 0777 - STORM WARNINGS - We are in the middle of a massive snowstorm as I write this. I heeded the storm warnings and went out early to get the paper and the sweeps. The universe gives us storm warnings regarding our lives. The key is to pay attention to them.

2009 12-10, 0778 - LIVING IN A POSTCARD - Going outside today is like stepping into a postcard. That postcard, however, also takes a lot of work. As we create postcard lives, there is also much to do behind the scenes along the way to keep us in tune with our soul's purpose.

2009 12-11, 0779 - DISCOVERING WINTER AGAIN - I am in the process of discovering winter again. There are many chores to do and tools and outdoor clothes to find. There are also many wonderful aspects of winter to discover again. That is true in life every day if only we are open to it.

2009 12-12, 0780 - A BIG TREE - Ever since we built our post & beam addition, we have put up a big Christmas tree in the front entry. This year we were given one that is about thirteen feet tall. The lights on the tree brighten the night. When you let the light of the Universe flow through you, you brighten other people's lives.

2009 12-13, 0781 - RABBIT PATHS - I discovered a rabbit path on my walk the other day. When there is no snow on the ground, you can't see the tracks. There are many people on spiritual journeys who are not aware of others traveling the same path.

2009 12-14, 0782 - CAUGHT BY SURPRISE - Yesterday a snowstorm caught many people by surprise. It was not a big one, but it snowed hard enough to make travel for the evening difficult. Life catches us by surprise, but if we prepare by thanking the Universe for helping guide us, it can make our life journey easier.

2009 12-15, 0783 - LITTLE NUISANCES - Last night we had a nuisance snow that amounted to only about an inch, but still left the driveway slippery. It is not enough to get out the tractor and yet something may need to be done to make better traction. At the same time this little snowstorm left a beautiful covering on the trees that I could have missed if I had only focused on the driveway.

2009 12-16, 0784 - A QUIET WORLD - Yesterday, I took a walk in a silent world. It was on an old Class Six road with a fresh coating of snow, far away from the sounds of the valley. It was a chance to be one with Nature and the whole Universe.

2009 12-17, 0785 - MORNING GLOW - The mountains to the west glowed this morning in a beautiful shade of pink. It brightened up my morning. Gratitude can help us all create morning glows that can stay with us all day.

2009 12-18, 0786 - LOOKING FESTIVE - Everything looks so festive this time of year. All the holiday lights help brighten the dark nights. It won't be long now until the days begin to increase minute by minute. Imagine how the ancients watched the skies for the change of seasons.

2009 12-19, 0787 - GETTING THE MESSAGE THROUGH - Have you ever spent time on the phone trying to talk to someone trying to get him or her to understand what you are saying? Sometimes we feel as if the Universe is not hearing our prayers. It is a lot easier to get through to God than it is to a human by telephone.

2009 12-20, 0788 - STUFFTIES - My granddaughter has a favorite stuffed animal, Amber Kitty. She calls all her stuffed animals "stuffties". Every once in a while Amber gets lost, and it is very upsetting to her until it is back safe and sound. Our belief system is like a stufftie. We sometimes misplace it.

2009 12-21, 0789 - A MILKY WHITE SKY - The sky to our south, as a major snowstorm passed us by, was milky white. It was unique to see. We sometimes wander in a milky white sky in our minds when we try to define our faith.

2009 12-22, 0790 - LET THERE BE LIGHT - We have now turned the corner and are working our way towards the longest day of the year. Let there be light in your life, not only in calendar but also in spirituality as well.

2009 12-23, 0791 - THE ULTIMATE GIFT - People either love or hate the hustle and bustle of the holidays. There is a lot of pressure to give something to others that will make them happy. The ultimate gift that someone can give is love. That is impossible to put a price on.

2009 12-24, 0792 - THE GIFT OF MUSIC - Last night I was given a very special gift. A very special young lady sang me a winter song. She had practiced and prepared all the way on her family's long drive to the Center. Conquering her shyness and with lots of giggles, her performance warmed my heart. Music takes many forms. What music do you bring to others?

2009 12-25, 0793 - CHRISTMAS - Today many of us celebrate the meaning of Christmas. It is a time for peace and love. Whatever your belief, may this be a special day that will carry forward and create many others like it.

2009 12-26, 0794 - THE PERFECT MEAL - The holidays involve a lot of food. Some of it is nourishing, and some is not. My perfect meal would probably not be perfect to you. It was brussel sprouts, baked stuffed mushrooms and homemade apple pie with nondairy ice cream. Spiritual nourishment can provide the perfect meal for the soul.

2009 12-27, 0795 - A LEAKY ROOF - This morning I found that our back entry roof was leaking. There was an ice buildup, and the rain is saturating the ceiling and dripping on the floor. It will need to be fixed. Sometimes we also have to make repairs to our spiritual lives. Spiritual maintenance can help keep you in good condition.

2009 12-28, 0796 - TUNING FORK RESONATORS - I was given a pair of tuning fork resonators for Christmas from my wife. When they are activated and held up to your ears, it is like being inside of a giant crystal. Of course we can always resonate to the vibrations of the Universe.

2009 12-29, 0797 - THREE MINUTES - Today is three minutes longer than the shortest day of the year. We are slowly making progress towards more daylight. If you connect with your belief three minutes a day, you will progress towards spiritual daylight.

2009 12-30, 0798 - A WARM BED - It was zero outside this morning and I was very grateful that I have a warm bed to sleep in. I realize that there are many people who do not have the opportunity to wake up warm. My goal is also to wake up with spiritual warmth of gratefulness that I can share with others during the day.

2009 12-31, 0799 - BLUE MOON - -Tonight there is a blue moon. It is called that because it is the second full moon this month. It is also New Year's Eve. It should be an interesting night.