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June 2007

Ways of being at Wilbur Hot Springs . . .

~ I sang out loud in the hills at Wilbur Hot Springs ~ I met my love at Wilbur ~ I celebrated my birthday at Wilbur
~ We got married at Wilbur ~ We celebrated our anniversary at Wilbur ~ I walked through a 1000 wildflowers at Wilbur ~ I counted the stars at Wilbur ~ I sang with a coyote at Wilbur ~ I listened to the rain at Wilbur ~ I got lost in my thoughts at Wilbur ~ I got lost in the hills at Wilbur ~ I raised my consciousness at Wilbur ~ I altered my consciousness at Wilbur ~ I altered my clothing at Wilbur ~ We held hands at Wilbur ~ I napped at Wilbur ~ I bathed all night at Wilbur ~ I got a great massage at Wilbur ~ I hiked at Wilbur ~ I cooked fine food at Wilbur ~ I fasted at Wilbur ~ I did Yoga at Wilbur ~ I napped at Wilbur ~ We made love at Wilbur ~ I read a book at Wilbur ~ I wrote a book at Wilbur ~ I wrote a business plan at Wilbur ~ I took photographs of wild animals at Wilbur ~ I took a bike ride at Wilbur ~ I got my best night's sleep at Wilbur ~ I got my chart read at Wilbur ~ We had interesting conversations at Wilbur ~ I sun bathed at Wilbur ~ I moon bathed at Wilbur ~ I contemplated the universe at Wilbur ~ I contemplated my navel at Wilbur ~ I explored old mines at Wilbur ~ I painted at Wilbur ~ I learned how to run a tractor at Wilbur ~ I learned about solar power at Wilbur ~ I ran a 10K at Wilbur ~ I studied poetry at Wilbur ~ I once cleaned kerosene lamps at Wilbur ~ I meditated at Wilbur ~ I laughed at Wilbur ~ I cried at Wilbur ~ I lost weight at Wilbur ~ I stopped smoking at Wilbur ~ I stopped coking at Wilbur ~ I played in the mud at Wilbur ~ I dug trenches at Wilbur ~ I fixed broken pipe at Wilbur ~ I cultivated vegetables and ate flowers at Wilbur ~ I floated down the creek at Wilbur ~ I milked a goat and collected hen eggs at Wilbur ~ I played billiards at Wilbur ~ I sang, made up songs, and learned an instrument at Wilbur ~ I escaped from my email and cell phone at Wilbur ~ I took a sauna at Wilbur ~ I chanted and prayed at Wilbur ~ I birthed my daughter at Wilbur ~ I comforted a dying friend at Wilbur ~ I made lifelong friends at Wilbur ~ I had glorious fleeting relationships at Wilbur ~ I won a ping-pong championship at Wilbur ~ I enjoyed wonderful meals at Wilbur ~ I shared life stories at Wilbur ~ I experienced different cultures at Wilbur ~ I recuperated and rejuvenated at Wilbur ~ I changed my life at Wilbur ~ I did absolutely nothing at Wilbur... and what a relief it was! Whew!



With dignity and respect for all ...

Wilbur Spring Special

~ Now until June 28th, receive 25% off one night when reserving for two, in a room of equal value.

~ Does not include holiday periods and is not combinable with other discounts.

Richard

Richard Louis Miller, M.A., Ph.D.
Wilbur Caretaker in Chief since 1972



Massage At Wilbur

Massage and Chiropractic services are available at Wilbur by appointment for an added fee. Please call ahead to assure the time and the therapist of your choosing ...

530-473-2306

For more information on Wilbur therapists visit the website: www.wilburhotsprings.com

WILBUR STAFF POSITION

Seeking qualified person for Front Desk/Reception. Full-time, 40 hours/week. Salary plus room, board, laundry, internet access, benefits and full use of facilities and grounds. Hospitality experience preferred. Call 530-473-2306 between 10am and 5pm

WILBUR EVENTS • WILBUR EVENTS • WILBUR EVENTS

Guest Chef Weekend

June 15 & 16th • With Debra Chase

We just can't get enough of this good cookin'...

~ June will feature long-time Wilbur favorite chef, Debra Chase. Debra will specialize in fresh and locally grown foods for this Guest Chef weekend such as leek and potato tart, local organic walnut pie, and fresh black and white seared Ahi Tuna. Debra will also include some of her own hand-made granola and raw pizzas, seed cheese spreads, and more! Come enjoy some fresh local foods prepared lovingly by Chef Chase and company. ~ To read more about Chef Chase, visit the Wilbur website www.wilburhotsprings.com



Yoga with Sarana

June 22nd - 24th

~ Join Sarana for a weekend of breath, chanting, asana and soaking in the healing mineral waters of Wilbur. ~ Strengthen your practice while relaxing and rejuvenating your body and mind. ~ We'll step back from our daily routines and retreat to this sacred land and healing waters that have been used for renewal for centuries. ~ We will delve into different yogic practices and ways of being and see how these can support us in strengthening our bodies, calming our minds, and connecting to the deep peace and silence echoed through this beautiful land. ~ Students will practice yoga on Wilbur's beautiful yoga deck, cradled in nature with the sound of spring birds and the Wilbur creek. ~ We will begin each day with chanting and pranayama, followed by breakfast and then an active morning session. ~ After noon there will be time for bathing, hiking, massage and personal time. ~ We will gather in the late afternoon for a restorative session followed by a delicious dinner. ~ Join us for a retreat that will invigorate your body, renew your spirits, and quiet your mind. ~ Healthful meals will be provided by chef Angela Karegeannes who returns to Wilbur for this special Yoga weekend. ~ For costs and more information contact Sarana at 510-502-9642 and at sarana@mac.com, and visit her website at www.saranayoga.com for other yoga opportunities. ~ For information about Wilbur accommodations and meals contact Meg at 530-423-2326.

"In all the world... no waters like these"



ANNOUNCING...

The NEW Wilbur Birthday Program

Happy Birthday to You, Happy Birthday to You! And many more!

- ~ Wilbur would like to gift you a Special Birthday Discount during the month of your birthday.
- ~ Returning guests that present their ID showing the date of their birth will receive 25% off their stay between Sunday and Thursday during the month of their birthday. Holiday periods excluded.
- ~ This gift is for the birthday person plus one guest occupying the same room.

Happy Birthday, Happy Birthday, Happy Birthday to You!

Complimentary Weekend Yoga at Wilbur

Classes have resumed! A certified yoga instructor will enhance your stay at Wilbur with morning and afternoon classes on Saturdays, and morning classes on Sunday. Please supply your own mat.

YOU ARE ARE INVITED TO LISTEN TO

Mind Body Health

With Your Host: Dr. Richard L. Miller
Tuesday, 9am

National Public Radio Affiliate KZYY & Z

88.1 • 90.7 • 91.5 FM Radio

Mendocino County Public Broadcasting

On your computer at www.KZYY.org

We're Getting Ready for the Annual Wilbur Closedown...

Wilbur is seeking people interested in exchanging work for trade time. Specifically, we are looking for expertise in doorknobs, yes, that's right, doorknobs! Closedown happens this year the weeks of August 12th and 19th.

If you are interested please contact Meg 530 473-2306.



Credit Where Credit is Due... We mistakenly gave credit for that darling picture of Richard and his beloved, June, to some one other than it's true photographer: Anna Razes of Chicago, IL. With our apologies.

For Sale... Wilbur is changing it's refrigeration technology and selling its "fleet" of reliable propane refrigerators. All are in good condition, and were once less propane needed. They do not have freezers, because with no freezer less propane needed.

~ Please call Meg or Ezzie 530-473-2306 for all inquiries including dimensions and capacities, and to make a purchase agreement.

Wilbur Hot Springs Mission Statement:

Our guiding principle is to sustain Wilbur Hot Springs and its Nature Preserve as a sanctuary for the Self.

May abundance and joy enter each of your lives every day!

From all of us at Wilbur...

Phone 530-473-2306 • Fax 530-473-2497 <http://www.wilburhotsprings.com>

Please forward this Wilbur newsletter to a friend who may enjoy it!

PLEASE NOTE: Email and web addresses supplied throughout may not be linked depending on your software. Just "copy and paste" into your browser or email message

CREDITS: Photos - Meg Solaequi • Newsletter editing, layout & design - Wild West Communications Group, Homewood, Lake Tahoe, CA, 530-525-5201

Dear Wilbur Newsletter Readers: We made a change in format with this issue that we hope will please the majority of our readers. Many of you wrote to us expressing your appreciation for the "simple" email format, and many others of you appreciated the evolution of the newsletter as a well-designed professional vehicle for our message. Hopefully this new format will meet the requirements of most of our readers. We look forward to your feedback. Sincerely, The Editors