

OCTOBER 2008

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G A S R E B A T E P R O M O T I O N

...extended through the end of October!

Stay Sunday through Thursday, two or more nights in a private room, double occupancy, and you'll receive \$75 off your bill.

Get away to Wilbur and receive a \$75 gas rebate!

Just mention "gas rebate" when booking your reservation.

530-473-2306

THIS OFFER IS NOT COMBINABLE WITH OTHER DISCOUNTS



W I L B U R S P E C I A L E V E N T S

Women's Visionary Congress

October 10th-11th

☞ The Women's Visionary Congress (WVC) is a gathering of healers, activists, researchers and artists who are redefining the use of entheogens. The WVC addresses the traditional uses of these substances and investigations into their therapeutic applications. ☞ Join us this month as we gather at Wilbur Hot Springs. ☞ We welcome interested women, and men, to join us for a healing soak and a series of conversations with visionary women. ☞ For more information and registration go to <http://www.visionarycongress.org>.

This gathering will benefit the Women's Entheogen Fund (WEF) <http://www.visionarycongress.org/wvc.entheofund.html>, and is sponsored by the The Sibyl Society <http://www.visionarycongress.org/wvc.sibyl.html>. Since 2002, the WEF has made grants to women who spend a portion of their professional lives studying the healing and spiritual use of entheogens.

Jacqueline Lasahn Presents Sound Healing with Tibetan Bowls & Tarot Consultation

October 6th & 7th / November 3rd & 4th

☞ Jacqueline Lasahn is a storyteller of the cosmic currents, a wisdom guide and ally at the crossroads of inquiry. ☞ The subtle yet penetrating sounds of Tibetan bowls combined with vocalizations, aroma therapy and gentle touch are a nurturing guide into one's own inner landscape. ☞ Tarot is a ceremonial tool of divination that can target specific questions or dress the larger picture. ☞ Inquire at the Front Desk for schedule.

Writing Workshop with Clive Matson: Writing & Powerful Experiences

October 24th-26th

☞ How did Sylvia Plath or Dylan Thomas do such remarkable writing? In these workshops we call the creative source the "Crazy Child", and we let that Child write avoiding the usual editorial judgments. And, when we share our writing, the workshop will inform us more quickly than we could discover on our own exactly what memorable writing is ... for beginners, intermediate writers, and professionals who want to expand their horizons. ☞ Writing takes place in large chunks of time woven between relaxing in the mineral springs, taking walks, and time for massage. ☞ Clive Matson, author of *Let the Crazy Child Write!*, is a poet, story writer, essayist, and playwright who has led more than 3000 workshops nationwide.

☞ For room reservations, rates and to register, call Wilbur at 530-473-2306. ☞ For more information, email Clive at clivematsonpoet.com, or call 510-654-6495.



Wilbur Guest Chef Weekend Fall Schedule

November 14th-16th • Charlie & Marion Cascio

December 30th-January 1st • Rachel Fann

January 30th-February 1st • Charlie & Marion Cascio

We are grateful for this opportunity to share wonderful food and good friends with all of you!

Make your reservations today for your place at the table ☞ 530-473-2306.

"In all the world, no waters like these"

W I L B U R B I R T H D A Y P R O G R A M

- ☞ Wilbur would like to gift you a Special Birthday Discount during the month of your birthday.
- ☞ Returning guests presenting ID showing the date of your birth will receive 25% off the cost of your stay between Sunday and Thursday during your birthday month (holiday periods excluded). ☞ Our gift to you is for the birthday person plus one guest occupying the same room.
- ☞ Please let us know it's your birthday when you make your reservation.

October Complimentary Yoga

Expand your weekend relaxation experience with complimentary yoga Saturday and Sunday mornings, and Saturday evenings. Led by professionally trained instructors, each session is tailored for students of all levels. Mats, blankets and props available. Weather permitting.

October 18 & 19 - Laura Ciapponi is a certified yoga teacher who has taught Iyengar yoga for 12 years, primarily at Piedmont Yoga Studio in Oakland. Certified at Kalani Honua in Hawaii, Laura enjoys sharing the physical and mental flexibility, breath awareness, spaciousness, and innate inner joy of yoga.

October 25 & 26 - Mirabai Warkulwiz's yogic roots began in 1998 with her studies at Sivananda Yoga Center in San Francisco. She earned her certification at Integral Yoga Institute and Greenpath Ashtanga Studio and now manages and teaches at Yoga Tree in San Francisco.



Fear as Opportunity ... Our country is going through a period of transition which affords us great opportunity as a people ... to regain our world stature and once again stand proudly in the hearts, and in the history books, of those who love democracy ... and some who don't. ☞ Fear is an emotion created by the anticipation of something injurious, negative, bad, and painful. When we allow / give perceived catastrophic predictions reality we feel scared. We hear the words -- collapse, abyss, and calamity -- and we conjure images of what these words look like. We feel emotion. We make the prediction a part of our reality. ☞ However, that is one reality amongst an infinite number. We can create any reality we choose. Sounds funny? It is. And, it is also possible. ☞ We can choose practical existentialism by living in the moment and planning the future. We can address negative prediction within the reality we create. There is nothing written which says a people cannot rise to a challenge and pro-actively transform the negative charge of future threat into a positive valence of contact and cooperation. ☞ There is nothing written which says people

cannot choose to purposefully and willfully cooperate at a level unheard of in human history ... cooperate with purpose because they know it is in their mutual interests to do so ... we can buy less and appreciate more ... and stand tall in our cooperative living together. An outside threat often brings people together. The present transition is a chance to come together in a manner perhaps only equaled by those who cooperated to win our American Revolution. ☞ Wilbur is a great place to think about these issues, to meet wonderful people and engage in discussion, to make plans for dealing with the future ... or, to simply get away from it all.

Richard

Dr. Richard L. Miller, MA, Ph.D.

Wilbur Caretaker since 1972

☞ PS / The California Department of Transportation is repairing the bridge at the junction of highways 20 and 16, at the Wilbur road entrance. Bear Valley Rd remains open during construction, and eventually our turn off will be safer and better marked.

Mind Body Health & Politics

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

National Public Radio Affiliates

KZYX 88.1FM Fort Bragg • KZYX 90.7FM Philo • KZYX 91.5FM Willits & Ukiah

On your computer at www.KZYX.org, click on "listen live"

☞ Call in and share with others what has worked for you in enhancing your health and healing, and what has not ... 707-937-5103. Email Dr. Miller at dr-richardlmiller@aol.com

Our Mission is to sustain Wilbur Hot Springs ... as a sanctuary for healing and personal reflection, communing with others, reuniting with nature, laughing, loving, and basking in the quiet awe of it all

m a s s a g e , m a s s a g e , m a s s a g e

Enhance your Wilbur experience with a massage and/or bodywork. Several styles of massage and chiropractic services are offered at Wilbur by appointment, for an added fee.

Call ahead to assure the time and therapist of your choosing ☞ 530-473-2306



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

P 530-473-2306 • F 530-473-2497 • www.wilburhotsprings.com

PLEASE NOTE: Email and web addresses supplied throughout are not linked. Just type address into your browser or email message.

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