



E S T A B L I S H E D 1 8 6 5

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December 2006

Dear Friends of Wilbur ... In 1956 my college roommate, Lionel Bloom, introduced me to the existential concept that all meaning in life is based on that which we instill with meaning. I then read John Paul Sartre and Albert Camus, and wholeheartedly embraced the existential philosophy.  In 1966 I met Dr. Fritz Perls who taught me that only this moment exists. This concept of the Now was reinforced by Ram Das (formerly psychologist Dr. Richard Alpert) in his book Be Here Now, and in the words of the Incredible

String Band: "...*this moment is different from any before it, this moment is different, it is Now*". In 1967 I learned conscious breathing from my dear friend Virginia Satir.

 That we make our own meaning in life, that there is only now, and that I can control my emotional state with conscious breathing have been major influences in my thoughts and behavior.  Defining our lives is the ultimate responsibility and we are 100% responsible for what we create. The way we behave and act is who we are individually and collectively.

Nothing has inherent meaning in and of itself. We each make all meaning, and all meaning is therefore of equal value regardless of other's attempts to "create" meaning through religion, law, and consensual validity. Consider that as you are reading this you are using your entire life. There is no other You anyplace else. The You who is reading this is the entire, 100% of You. This is true no matter what one is doing.  Consider that the most effective tool for making oneself comfortable with anxiety (discomfort of unknown origin) and fear (discomfort of known origin) is conscious breathing.

 In 1972, I decided to create an environment which would allow

people to both heal themselves and prevent future disease. I gave this project meaning in my life.  Now, 35 years later, I still find meaning at Wilbur Hot Springs. In Wilbur's environment I do inner space travel and commune with nature as it unfolds. Inside, I travel through my consciousness. Outside, I enjoy the seasons, the people and the animals. Sometimes I fix a pipe, wash the dishes, paint a building with my friend Richard, or talk about spirit with my friend

Ezzie.  I make myself, and sometimes others, laugh. I have developed and give meaning to a sense of humor. Without humor my existential philosophy may be intellectually stimulating, but on the grim side like an Ingmar Bergman movie. I ask myself: If there is in fact only Now, why not spend a significant part of it laughing? (Say "ha" 45 times in a row and see what happens.)

 I would like to engage in further discourse with you on this and

any other health related topic. I invite you to email me.

 I wish you a healthy holiday season and a joyous New Year!

Richard

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



PS: Lionel Bloom can be found at the Swan Bar in Montparnasse, Paris. Say hello for me when you see him.



Ring In the New Year at Wilbur ... Join Us for a Holiday Guest Chef Weekend!

DEC 30th & 31st

*Make your
reservations today
to ensure your place
at our New Year's
Eve table!*

Chef Debra Chase, long-time Wilbur favorite, returns to help us ring in the New Year with a special Holiday Guest Chef Weekend! 🌀 The weekend includes five gourmet meals including a special New Year's Eve Menu featuring fine hors d'oeuvres and a champagne toast, continuing with seared scallops, baked pacific halibut steaks, locally grown orange tomato salsa and ginger creme fraîche, hand-crafted chocolates, and much, much more! All for \$150 / person. 🌀 Join us for this very special weekend ... A great way to welcome 2007.

Wilbur Fall Special

Now through December 14th . . .

You can stay 2 nights and receive 50% off
the 3rd night in any room of equal value
from Sunday thru Thursday.



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

Help Wanted at Wilbur

🌀 Wilbur is looking for the right person to fill a 40-hours-per-week split position for front desk/reception and outside work. 🌀 Compensation includes salary, housing, utilities, laundry service, a food allowance, and full use of Wilbur facilities. 🌀 Inquiries should be directed to Ezzie Davis or Meg Solaegui, phone 530-473-2306, or email at info@wilburhotsprings.com.

Tune in to National Public Radio affiliate
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And, on your computer, at www.KZYX.org
Tuesdays, 9am (Pacific time) for

Mind Body Health

with your host **Dr. Richard L. Miller**
Call during the program with questions: 707-937-5103,
or email questions: DrRichardLMiller@aol.com

Meditations & Sound Healing w/ Tibetan Bowls with Jacqueline Lashan

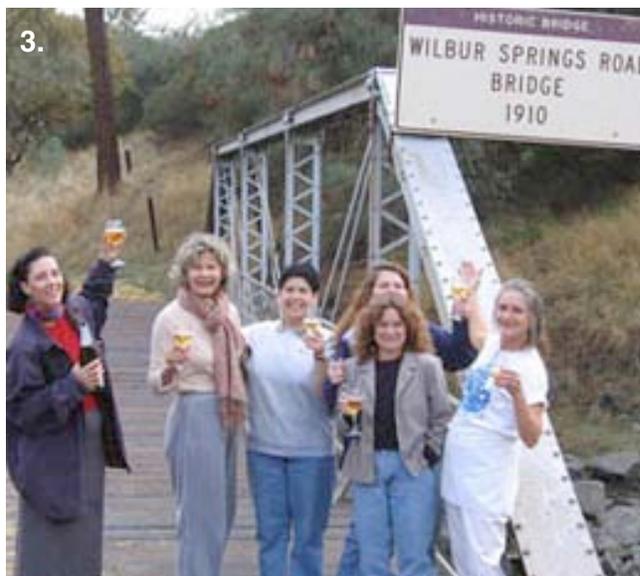
DECEMBER 13-14

🌀 Jacqueline Lashan is a storyteller of the cosmic currents, a wisdom guide, and a compassionate ally at the crossroads of inquiry. Jacqueline offers consultation, meditations, and sound healings with Tibetan Bowls. She has been playing Tibetan bowls for over 20 years in meditations, ceremonies, and individual healings. 🌀 Advanced reservations are recommended. 🌀 For more information visit Jacqueline's web site at www.astrospirit.com.

A Tale of Two Bridges...



- 1.) A new bridge has been installed across Bear Creek, with new erosion control abutments.
- 2.) The historic Wilbur Bridge found a new home across Sulphur Creek for our guests to enjoy.
- 3.) Wilbur staff and friends raise an apple cider toast to the old bridge in its new home.



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

An Important Message to Our Readers and Wilbur guests...

Sometime during the beginning of November our internet server inadvertently dumped all our email. The technicians are diligently working on the problem, but it is not yet completely resolved. Any email messages you may have sent regarding the November newsletter have been forever lost. Any email messages we would have normally received, including those regarding subscribing and unsubscribing, were not received and therefore can not be answered. We strive to respond to every email message we receive and worry you may think we have ignored you. This is certainly not the case. If you have not received a response to your email, then your message may have travelled to the cyber space black hole. **Please send it again!**

Thank you for your understanding of our problem.
With apologies, The Wilbur Staff.

Give a Gift of Wilbur

A perfect gift for that special someone ... A last minute idea ... For someone who has everything...

Give a Gift of Wilbur!

Gift Certificates may be purchased in person or by phone from the Wilbur reservation desk. Call 530-473-2306.

Massage Appointments

Massage and Chiropractic are available at Wilbur by appointment for an added fee. Please call ahead for an appointment 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

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

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