



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

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February 2007

Dear Friends of Wilbur ... Does time seem to be moving more quickly for you as it does for me? Why is this happening? Is it because with every passing day there is more and more behind us and less and less ahead? Is the concept of time itself man made? Perhaps in reality life on earth simply is...

There are times when I am at Wilbur that I can actually make contact with the "Is" of life. I achieve a fleeting glimpse of a total Now and there is no awareness of time. During such experiences I am just another animal in the flow. I have no awareness, and total awareness concurrently. Consciousness, and no self consciousness. I call this exalted state pure "Being". I achieve this state of Being most easily by floating face down, using a snorkel, in the Wilbur flume.

The highly mineralized water supports my floating and the body-temperature water of about 99° F gives the sensation of no sensation.

For those of you interested in inner space travel I invite you to bring your snorkel and take the trip. Of course, Wilbur still has trails to hike and bicycles to ride, stars to gaze upon and nature to admire as well.

Hugs to you all,

Richard

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



Wilbur Winter Special

Stay 2 nights and receive 50% off
your 3rd night

February 5th - March 29th

Sunday thru Thursday

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

Massage

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:

www.wilburhotsprings.com

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

Check Out These Great February Wilbur Activities...



Guest Chef Weekend!

CHARLIE & MARION CASIO: FEBRUARY 23 - 25

☞ Charlie and Marion Casio live on the California Coast at Big Sur on a self-sustaining organic farm where they raise vegetables, herbs, chickens, goats, and honey bees. They make their own cheeses and olive oil. ☞

Charlie worked as head chef and kitchen manager for Esalen Institute and continues there as a consultant and instructor. ☞ When the very popular Casios return to guest chef at Wilbur it is sure to be a sell-out weekend, so make your reservations early!

Make your reservations today to ensure your place at our table!

An Afternoon of Congolese Dance

SANDOR DIABANLOUEZI: FEBRUARY 18

☞ Former director, choreographer, and lead dancer with the Congolese National Ballet of Congo-Brazzaville, Sandor Diabankouezi has been dancing since he was 6 years old. ☞ He teaches in the Bay Area, emphasizing dance reflective of the social, ceremonial, and ritualistic customs of the Congolese culture. ☞ Class is open to people of all levels of experience. ☞ \$15.00 per student in addition to the Wilbur day-use or overnight fee. Space is limited, so sign up early with the Wilbur reservation desk.



Sound Healing w/ Tibetan Bowls

JACQUELINE LASHAN: FEBRUARY 27 & 28

☞ Astrologist Jacqueline Lashan 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.

Coming in March...

Sarana's Saturday Yoga Workshop

MARCH 31ST • 10AM-5PM

Contact Sarana for more information sarana@mac.com

Native Plant Revegetation – Trade Week

MARCH 13TH - 15TH

Join restoration ecologist Craig Thomsen and assist with restoring native plants to Wilbur. ☞ 5 hours of work allows for an overnight stay in the group room with full use of all facilities. ☞ Contact Sarana for this trade opportunity at sarana@mac.com

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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

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

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