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March 2007

Dear Friends of Wilbur ... One of my favorite activities at Wilbur Hot Springs is sitting or floating in the waters and watching the workings of the inside of my mind. I find Wilbur's solitude, quiet and safety perfect for such inner reflection. ♪ Where do our thoughts come from? Who is in control of them? ♪ If we are not in control, who is? ♪ Are some thoughts controlled by a part of ourselves which is outside of our awareness? ♪ Are we able to engage that part of ourselves which seems out of our awareness, and take over control? ♪ One way of taking control is to observe our thoughts and categorize them. We can also listen to the music of our inner communication -- All of our thoughts contain both lyrics and music.

♪ I open my eyes and look around at Wilbur's serene countryside and am awed by the natural beauty of the pristine environment. Feeling safe, I again close my eyes and look within.

♪ Sometimes thoughts appear in our heads which we wish were not there. Certainly we wouldn't voluntarily bring such thoughts upon ourselves. Yet we do. ♪

How did they get there? Where are they generated? These thoughts certainly do not arrive from outside of ourselves, so we must generate them.

♪ I play inside of my mind looking at my thoughts. I decide to exert mental energy to direct them. ♪ Every thought we think is a thought we are choosing to think. Thoughts we do not care for we may discard by changing our inner channel. Sometimes changing the channel is easy and sometimes it requires effort. When we experience difficulty changing the inner channel of our mind we may over ride

the thoughts by chanting on top of them.

♪ When we open our inner television and allow the mind to choose its own channel we are subjecting ourselves to random thoughts, creative ideas, and the revelation of our deepest insecurities.

♪ Random thoughts are interesting, creative ideas are exhilarating and facing inner insecurities provides us with a sense of mastery which increases our self confidence.

♪ Wilbur's waters and it's environment have been a source of healing for hundreds, possibly thousands of years. First as a Native



American healing and ceremonial grounds, then a spa and alcohol treatment center in the 19th century, a health Sanctuary and drug treatment center in the 20th century, and now a place of healing, illness prevention and thinking in the 21st century.

♪ Next time you are luxuriating in Wilbur's unique healing waters, or basking in its pristine environment take some time to enjoy the inner workings of your mind. The mind is a great place to explore and as we get more and more comfortable in there

we will never ever be bored.

♪ In addition, some believe, that health is significantly facilitated by those seemingly magical questioning moments which Wilbur nourishes.

♪ May you enjoy your inner space travel at Wilbur and everywhere,

Richard

Richard Louis Miller, M.A., Ph.D.

Wilbur Caretaker in Chief since 1972

Wilbur Winter Special

*Stay 2 nights and receive 50% off
your 3rd night in any room of equal value*

*Sunday thru Thursday
Now thru March 29th, 2007*

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

Massage Appointments

Massage and Chiropractic is available by appointment for an added fee. Please call ahead to assure an appointment at the time and with the therapist of your choice.

530-473-2306

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



“In all the world... no waters like these”

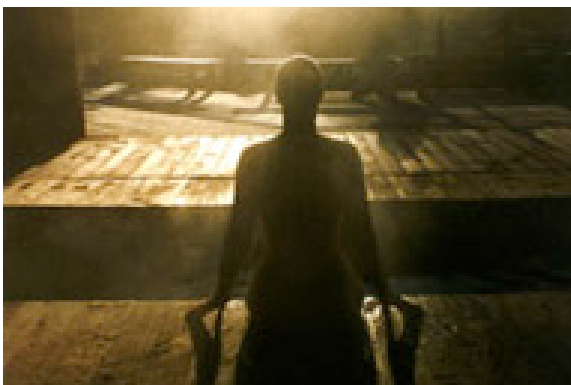
CHARLIE & MARION TAKE A BOW

Guest Chef Weekend!

Charlie & Marion Casio: March 30th - April 1st

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

- ☞ Charlie and Marion Casio will be back by very popular demand the last weekend of March.
- ☞ They live on the California Coast at Big Sur on a self-sustaining organic farm where they raise vegetables, herbs, chickens, goats, and honey bees. And, they make their own cheeses and olive oil, all of which graces the Wilbur Guest Chef Weekend table at one time or another!
- ☞ It is sure to be a sell-out weekend, so make your reservations early!



MEDITATING IN THE BATHS

Meditation & Sound Healing with Tibetan Bowls

Jacqueline Lashan: March 27th - 28th

- ☞ Astrologist Jacqueline Lashan has over 20 years experience in meditations, ceremonies, and individual healings working with Tibetan Bowls
- ☞ Advanced reservations are recommended
- ☞ For more information visit Jacqueline's web site at www.astrospirit.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 at sarana@mac.com for more information on this trade opportunity

Saturday Sarana Yoga

March 31st

~ Join Sarana Miller for her one-day Yoga Workshop at Wilbur ~ This is a two-session intensive, from at 10am until 5pm ~ For more information contact Sarana at sarana@mac.com, or visit her website at www.saranayoga.com

UPCOMING YOGA EVENTS INCLUDE:

Annual Thomas Fortel Workshop

April 26th – 29th

For more info contact mbcdex@aol.com



Sarana with Harvey Deutch

May 4th – 6th

For more info contact sarana@mac.com



You are invited to tune in to National Public Radio

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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

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

From all of us at Wilbur...

Richard, Ezzie, Meg, Rick, Nellie, Robyn, Ginny, Ana,
Terrye, and Theresa

Phone 530-473-2326 • Fax 530-473-2497

<http://www.wilburhotsprings.com>

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