

Wilbur HOT SPRINGS

ESTABLISHED 1865

NEWS

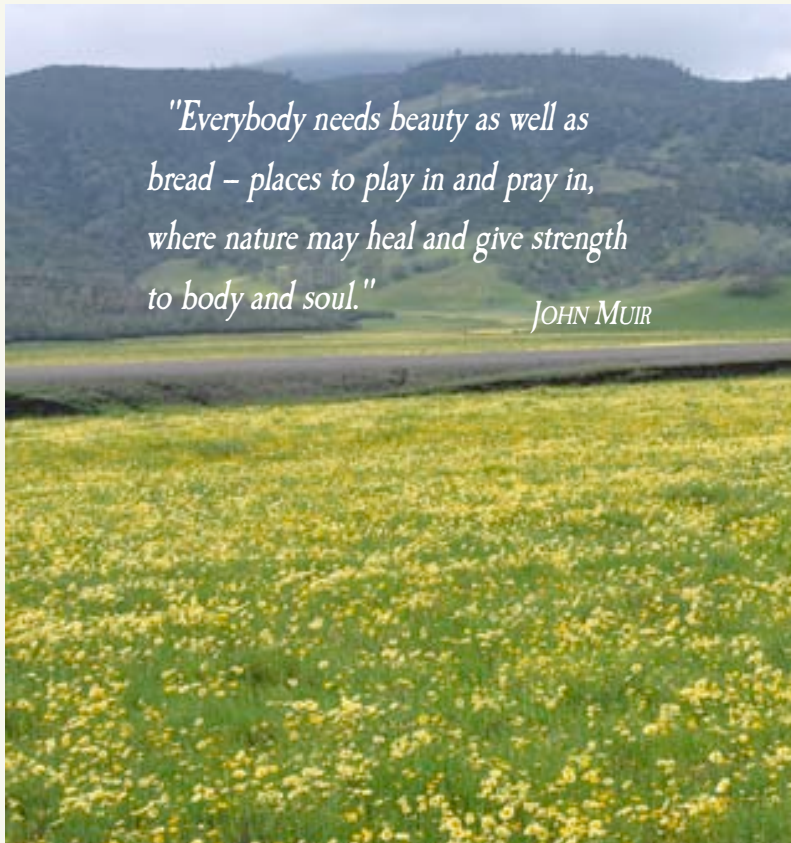
A Sanctuary For The Self

May 2006

Dear Friends of Wilbur,
When I was a little boy my parents and their friends had a perspective that when the adults met the children were to be "seen and not heard". Therefore, when my folks had company I spent the time in my room. Often I would listen to what they were saying and I would think "I can talk about that kind of stuff." When I did walk in and start talking sometimes I would be listened to, and sometimes I was reacted to based on my age rather than what I was saying. I faced blatant ageism. I taught myself that from that time on I would relate to what

people said and how they said it rather than how old they were, and/or what they looked like. I take delight and satisfaction that over the years our

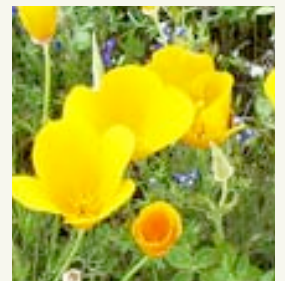
staff and guests at Wilbur have been a wide variety of ages, shapes, colors, heights, weights, sexual preferences, and more. We are a rich "soup"



"Everybody needs beauty as well as bread – places to play in and pray in, where nature may heal and give strength to body and soul."

JOHN MUIR

(there's that food reference again) of diverse individuals who come together cooperatively and commune with ourselves, with nature, and sometimes with those around us. The state of grace and peace that we create together at Wilbur is a model of what is possible, and each and every one of you contributes towards the whole experience. Thank you for joining us and participating in this noble experiment.



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

Wilbur Wildflower Season Special!

Since the rains kept coming this year, the wildflower season at Wilbur will last longer and be more spectacular than ever! ♻️ You have plenty of time to come on up to Wilbur and view what is considered by experts to be one of the most extensive, and most impressive collections of wildflowers on our planet!

This is a Wilbur must see!



To welcome enthusiasts, both new and old, to this incredible and delightful experience, we are offering the **"Wilbur Wildflower Special"** ♻️ **One Night Free when you pay for two!** This "Pay 2 / Stay 3" spring special is available from Sunday through Thursday nights between May 3rd and June 15, excluding the holidays.

Go to the Wilbur web site... www.wilburhotsprings.com to see Meg's newest wildflower photography

Meditations & Sound Healing with Tibetan Bowls with Jacqueline Lashan

MAY 24TH, 25TH & 26TH

Jacqueline Lasahn is a storyteller of the cosmic currents, a wisdom guide, and a compassionate ally at the crossroads of inquiry. Intuitive astrologer, ritualist, and wedding minister, Jacqueline offers tarot consultation, meditations, and sound healings with Tibetan Bowls at Wilbur. She has been playing Tibetan bowls for over 20 years in meditations, ceremonies, public performances and individual healings.

Meditation with Tibetan Bowls

(All three days)

The simple meditation focuses on breath, and the sounds of the Tibetan

bowls in the quiet sanctuary of Wilbur. This is a 30-minute meditation followed by a 15-minute talk. No experience necessary. This is a gift to Wilbur guests, there is no charge.



Sound Healing with Tibetan Bowls (May 24th & 25th)

The subtle yet penetrating sounds of Tibetan bowls combined with vocalizations, aromatherapy, and gentle touch, are a nurturing guide into one's own inner landscape. It is a transformative

experience that can access altered states of consciousness. Each healing is approximately one hour.

Tarot Consultation

(All three days)

Tarot is a ceremonial tool of divination that can target specific questions, or address a larger picture. The evocative images reveal the designs of your life stories. Each card turns a page and offers new possibilities and perspectives. Mystery is distilled into a greater understanding of your life situation. Each private consultation is approximately one hour.

♻️ Scheduled appointments are required for all healings and consultations. Advanced reservations are recommended.

♻️ For more information visit Jacqueline's web site at www.astrospirit.com



Massage at Wilbur

Massage is available at Wilbur by prior appointment for an added fee. We suggest you call ahead to assure an appointment at the time of your choice.

Saturday Sarana Yoga

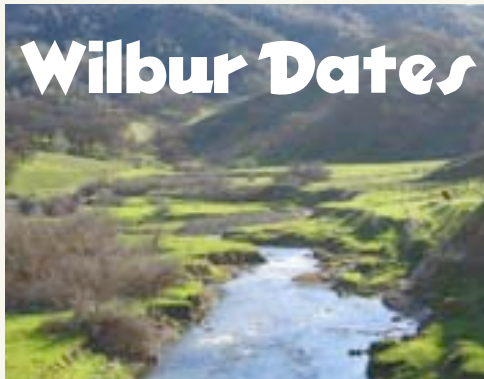
SATURDAY, MAY 20TH

Join Sarana Miller for the second in a series of one-day Saturday yoga workshops. This is a two-session intensive from 9am to 5pm with free time interspersed to enjoy the Wilbur waters.

- Cost is \$85 for the day.
- Drop-in price for registered guests is \$20 per session.

Email Sarana at sarana@mac.com or visit her website at www.saranayoga.com

Wilbur Dates



Scheduled events in May and June you may wish to plan around.

May 3-June 15	Wilbur Wildflower Special
May 4-7	Michele Klink Yoga Workshop
May 12-13	Joan Evan's Yoga Workshop
May 20	Saturday Sarana Yoga
May 26-29	Memorial Day Holiday period
May 24-26	Jacqueline Lasahn's Tibetan Bowl Healings
June 2-4	Exclusive Use (wedding)
June 9-11	Valerie Davis Yoga Workshop
June 16-18	Clive Matson Writing workshop
June 23-24	Sarana Miller Yoga Workshop & Guest Chef Weekend

Guest Chef Weekends



The combination of exquisite cuisine and the peak of our wildflower season is sure to create a memorable Wilbur experience. Join us for our special Guest Chef weekends featuring noteworthy chefs and delicious, healthy food.

Five gourmet meals are just \$100 per person extra, plus tax. Early reservations are suggested.

Upcoming Guest Chef Weekends are as follows:

June 23rd-25th Chef Angela Karegeannes Vegetarian Cuisine
(you do not have to be a yoga workshop participant)

July 28-30 Chef to be announced

2nd Annual

Spring Weekend Yoga Retreat with Sarana Miller



JUNE 23RD, 24TH & 25TH

A weekend of breath, chanting, asana and soaking in the healing mineral waters at Wilbur. Students practise on Wilbur's yoga deck to the sounds of spring birds and the Wilbur Creek.

THE WEEKEND INCLUDES:

- Six yoga sessions beginning Friday at 5pm
- Six organic, vegetarian meals prepared with love
- Two nights accommodations include full use of all Wilbur facilities

Enrollment is limited, please sign up as soon as possible to reserve your space. View the Wilbur web site for complete information

www.wilburhotsprings.com

ABOUT SARANA: Born and raised at Wilbur Hot Springs, Sarana currently lives and teaches in the San Francisco Bay Area. Trained in the Iyengar and Forrest Yoga traditions, she is a graduate of the Piedmont Yoga Advanced Studies Program and the Forrest Yoga Teacher training program. She is a faculty instructor at Yoga Journal, teaches at The Claremont Hotel, and continues to assist and teach with Thomas Fortel, her mentor. She studied kirtan chanting with Jai Uttal and classical Indian voice in India and leads kirtans regularly in the Bay Area.

Gentle Musings...

☞ This past weekend I drove to Wilbur for the 6th annual Thomas Michael Fortel Yoga Seminar, co-led by Sarana Miller and Simon Blake. My initiation to this “almost-too-much-fun” Club began when I arrived at the corner of highways 16 and 20.

The sea of orange poppies undulating in the breeze against a jade green backdrop pulled me off the road for a visual appetizer of what was to come. I continued my drive observing 3 deer napping in the tall grass and clusters of red bud dancing in Bear Creek.

☞ When I arrived at Wilbur, I had a chat with Wilbur manager Ezzie Davis and discussed her recent foot injury.

An unexpected gust of wind pushed the Wilbur gate into the back of her foot during the process of closing it, causing her foot to twist into the ground possibly creating a fracture in her right tarsal. (Those who don't know the word tarsal best look it up for there will be a pop quiz when you register!)

☞ Ahhh, a nice hot bath melted the road trip out of me. ☞ I met with a patient who consults with me about psychological issues which had been causing the “storage” of 100

pounds of excess weight on his body. This person is at the “top of the class” – validated by the fact that 60 of the 100 pounds have been shed in the past 60 days. ☞ I went to dinner with my daughter Sarana, friends Simon Blake (a direct descendant of William) and 11-year-old Shanti, who held her own in all conversations with visits from Sarana's Mom Kathleen and her husband Perry (owner/operator of Metropolis Bakery). ☞ The



Guest Chefs were Charlie and Marian Casio whom I love as much as I love their cooking (which is saying quite a bit about both). Dinner was Mahi Mahi with a ginger demi-glaze, and broccoli and spinach salad supreme. I shall not attempt to describe dessert as mere words could never convey the gustatory/olfactory sensations.

☞ After dinner I met Rocky who is an inventor. Rocky is starting a company to help inventors bring their inventions from their minds to the

market. He is one of a growing number of persons who have decided that Wilbur is their “country home” and he treats it as such by visiting monthly. Rocky's guest was his New York childhood friend, Tavi, who is a psychiatric resident at UCLA.

☞ The family who pioneered this “Wilbur is our country home” concept told us they were about to buy their country home and after costing it out decided it was less expensive,

less effort, and more fun to simply drive to Wilbur whenever they wanted to get out of town. Many of this group are hikers and bicyclists and they pointed out that few country homes have 1800 acres of nature to bop around in. ☞

This first evening approached being “almost too much fun”. ☞ During the weekend many of us took our meals outdoors under the Ramada

and following Saturday night dinner we gathered around Tavi as he played guitar and sang songs. ☞ Usually I am asleep by 10:30, but this night I was still stargazing at 1:30am which speaks for itself. ☞ The sense of community we shared was low calorie soul food. ☞ I awoke the following morning to the song of bird chirping gently vibrating through the hills.

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



Full Belly Farm

For those arriving at Wilbur via highway 16 on Friday afternoons this wonderful farm is open and selling fresh organic garden vegetables for your gustatory delights.

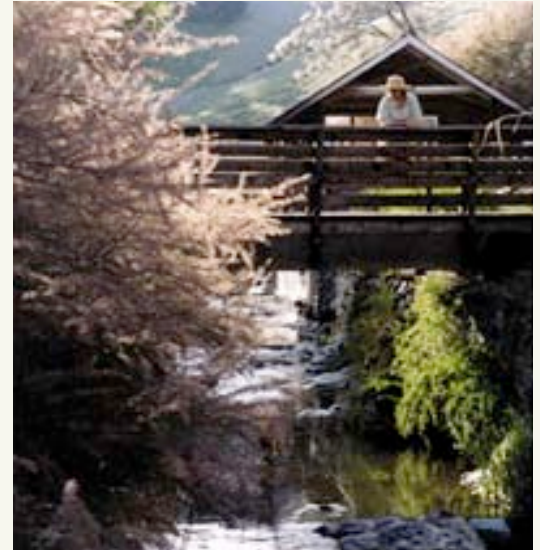
☞ Email: belly@fullbellyfarm.com

☞ Phone: 530-796-2214

☞ Website: www.fullbellyfarm.com



Spring Sights at Wilbur



Wilbur
HOT SPRINGS
A SANCTUARY FOR THE SELF

Telephone: 530-473-2306

Email: info@wilburhotsprings.com

Website: www.wilburhotsprings.com

Address: Wilbur Springs, CA
95987-9709

☞ My new radio show "Mind Body Health with Dr. Richard Miller" airs alternate Tuesdays at 1pm on National Public Radio affiliate KZYX-FM Mendocino. ☞ I can also be heard on the internet at www.KZYX.org. ☞ I am creating a virtual community of people sharing practical information about health in their lives. ☞ Please send me an email about something in your life that worked to enhance your well being, or, a personal story of inspiration, drrichardmiller@aol.com.

☞ I will be reading and sharing select emails on the air.

Good health to you,

Richard

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



Photo credits: Meg Solaegui; Correction, April issue, Guest Chef's photo by Martin Goodman, MD
Newsletter editing, layout & design: Wild West Communications Group, North Lake Tahoe, CA

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