



A Moment with Donna....The Unseen Shadow

The day is alive with vibrancy of spring. Here in the Pacific Northwest rhodies have buds ready to let loose their glorious colors, woodpeckers are migrating in as are the hummingbirds, and the early morning air is alive with the songs of robins and other birds. The forests are alive with activity. The sounds remind one of a busy Saturday morning market.

During this past week, between reading the many pieces of publications that cross my desk, conversations with various people, and viewing various documentaries, the shadow side of life was quite visible.

I am an optimist because I chose to be. The other options including indifference, is not preferred. However, one must remain alert to that shadow side as it does exist and it affects all of us at one time or another, in one way or another.

Easter is just around the corner. It celebrates death and life. Cultures throughout the world have celebrated the changing of seasons for thousands of years. Why? Because...the Yin/Yang of life is always with us. Change is ever present and there are times we need to be reminded to never give up hope.

We human beings have the remarkable ability to take what seems to be the ugliest, badest, most heartbreaking of circumstances, and reshape/reframe them into something beautiful, useful, and powerful expressions of good. Many times that reframing, reshaping of that which is horrific, disastrous, takes time, yet with consistency, discipline, effective applied effort, positive change and result evolve.

Just a few days ago I learned about a drone designed to replant areas of land with trees denuded by fires, clear cutting, etc. One drone can plant 100,000 seedlings in a day. This is one company's option to bringing back those carbon dioxide hungry trees that create so much of the beauty we love, supporting thousands of other compatible life forms that make this blue planet of ours so special. Trees/plants love the carbon dioxide, inhaling it, and then processing that which is poisonous to us, into life-giving oxygen.

It has been my observation that the shadows of life are part of a balancing act. Without shadow – no light... no light – no shadow.

Spring is here. The dreariness of winter has released its shackles and it is time to renew objectives and perspectives. This is a great time to pressure wash the windows of your mind, scrub away fears, doubts and apprehensions, to see clearly opportunity, hope, and the redesigning/expansion of your dreams. This is the time to reboot your system, mentally, physically, emotionally and spiritually. Oh, and by the way, do take time to smell the roses, as the old saying goes. Count your blessings and they will chase the shadows away.

Have a magnificent spring.

Donna Seebo

Power Thought for April

Do you know the difference between education and experience? Education is what you get when you read the fine print. Experience is what you get when you don't. ~Pete Seeger

April's Chuckle

Johnny Carson was known for his great sense of humor and this is a video track showing an egg trick that was loved by millions. Submitted by B.G., California

<https://biggeekdad.com/2013/09/egg-trick/>

The Donna Seebo Show

&

"Warriors for Peace"



Heard worldwide

*****Effective March 1st, 2019, programming changed to an evening format.**

The Donna Seebo Show is 8-9pm and Warriors for Peace, Wednesdays, 7-8pm.

"Delphi Vision Broadcasting" is celebrating its 18th year of positive and informative programming with 'The Donna Seebo Show' and 'Warriors for Peace'. Currently people in over 128 countries, including the United States, have listened to the shows.

I invite you to join me weekdays for insightful and uplifting programming. The theme of the program is 'Personal Empowerment'. Guests are featured from all over the world giving their knowledge and expertise to you - the listening audience

Go to **'The Donna Seebo Show' page. Direct Link:**

<http://www.delphiinternational.com/VisionBroadcasting/VisionBroadcasting.html> .

There you will find a player that enables you to connect to the 'live' show 8:00 pm to 9:00 am, Monday through Friday, Pacific Time. Callers are welcome during the second half of the program – **Call in number - 253.582.5597.**

"Warriors for Peace" is aired on Wednesdays, 7:00 pm to 8:00 pm, Pacific Time. No calls are taken during this program.

To listen to any of the broadcasts at any time - click on the tower icon in the past show archives box- then choose the program you are interested in. Shows are available 24/7.

I look forward to having you join me and my guests at my global broadcasting table. Informative and fun, you are invited to join me weekdays where you can **"Light Up Your Life with A Little Bit of Insight"**. Be sure to tell your friends and family about this positive, informative programming available 24/7.



Featured Radio Guests on the Donna Seebo Show-April



- 1....Unleashing Your Dog – Marc Bekoff
- 2....Don't Tell Nobody Nothing No How – Rick James
- 3....Awchewa – Nita Bauer
- 4....Daring to Believe – Amy Gray Cunningham
- 5....Lema's Last Christmas – Dr. Hricik
- 8....Launching to Leadership – Ken Rutsky
- 9....Look What the Cat Dragged In – Scott Stephens

- 10...Change Within & Change the World – Jane Battenberg
- 11...The Nepalese Shamanic Path – Evely Rysdyk
- 12...Wild World – Peter S. Rush
- 15...I am a Stranger to Myself – Debra Gwartney
- 16...Healing the Thyroid with Ayurveda – Dr. Marianne Teitelbaum
- 17...Mayo Clinic Guide to Raising a Healthy Child – Angela Mattke
- 18...The Buddha Pill – (England)
- 19...Future Sacred – Julie Morley
- 22...White Angel – John Gray
- 23...Medicine Yoga- Lauren Walkeb
- 24...Writing for Bliss – Diane Raab
- 25...Dog Lady of Mexico –Alison Current (Mexico)
- 26...Open Mike
- 29...Racing Heart – Kate Edwards
- 30...Medicine & Robots - Marilyn Singleton, MD

Warriors for Peace

- 3....Come Fly with Us – Melvin Croft & John Youskauskas
- 10...Wasp Pilots – Sarah Rickman
- 17...Home Alive – Dr. Geoffrey Varner MD
- 24...Leviathan – Paul Stack



The Joy of Living

**To know the joy of living is to know life's worthwhile things:
 The satisfaction of work well done...
 The joy that friendship brings...
 Courage after doubting...
 Understanding after sorrow...
 Learning from our yesterdays and looking toward tomorrow...
 It's counting up a lifetime, not by the years we've spent,
 But by our store of memories and by our hearts' content.
 ~ Amanda Bradley**

Mrs. Seebo's Classics

Finally...it's here! Yes, ***The Woodcutter & The Tree*** is now available for purchase. We'll be posting some of the fabulous art on our website shortly and we are thrilled with its beauty and the response it is getting from children and adults alike. It will soon be on Amazon, etc., but you can get a personalized copy of the *first*

edition by contacting me via the website or calling my office directly. <http://mrsseebosclassics.com/news-events/>

What's Your Story?



I am in the process of putting together a publication "Stories People Tell Me". I have had a number of submissions and I am looking for an additional 25 stories about paranormal experiences, UFO's, aura's and the unique and unusual not logical happenings that make us aware that life is anything but boring. Please send submissions to donnaseebo@comcast.net. Do send your contact information as well (phone number, etc.) Thank you.

Upcoming Broadcasts & Appearances April 2019

April 2... Tuesday..., Lou J. Free's Showcase, IHOP Restaurant, 178 SW Campus Drive, Federal Way, WA 98023. 253.661.7300. I will be the keynote speaker at 7 pm and will be doing a demonstration as well, arriving between 5-6 pm, available for mini-sessions up to 7pm. I will have publications available for sale, including my new children's publication-The Woodcutter & The Tree.

April 6.... Saturday...The Metaphysical Meetup, Carr's Restaurant on Bridgeport in Lakewood, Washington. There is a keynote speaker at 6pm and I will be on the panel doing demonstrations of psychometry. Books and other information will be available that evening and I will be available for mini-consultations as well. I will have publications available for sale, including my new children's publication-The Woodcutter & The Tree.

April 10... Wednesday...The Psychic Spectrum, Poodle Dog Restaurant-Banquet Room, Fife, Washington. I will be the keynote speaker at 6pm, will have publications available and also will be doing mini-sessions before and after the program. I will have publications available for sale, including my new children's publication-The Woodcutter & The Tree.

April 30... Tuesday..., Lou J. Free's Showcase, IHOP Restaurant, 178 SW Campus Drive, Federal Way, WA 98023. 253.661.7300. I will be the keynote speaker at 7 pm and will be doing a demonstration as well, arriving between 5-6 pm, available for mini-sessions up to 7pm. I will have publications available for sale, including my new children's publication. I will have publications available for sale, including my new children's publication-The Woodcutter & The Tree.



Golden Nuggets True Stories about Real People

John Wagner, Hallmark artist since 1970, says Maxine was inspired by his mother, his maiden aunts and his grandmother, the woman who bought him art lessons when 'fill in the pumpkins' was about the extent of his art classes at St. John's Catholic School in Leonia, N.J. John remembers doodling as a preschooler and says both his grandmother and his mother encouraged his artistic interests. He eventually

attended the Vesper George School of Art in Boston and landed at Hallmark as part of a new artists group. But it was the birth of the humorous Shoebox Greetings (a tiny little division of Hallmark) in 1986 that added a new dimension to John's professional life. The Shoebox way of seeing the world unleashed his talents and he created Maxine. Why the name 'Maxine'? 'People at Shoebox started referring to the character as 'John Wagner's old lady,' and I knew that would get me into trouble with my wife,' John says.

The Shoebox team had a contest among themselves to name the character and three of the approximately 30 entries suggested 'Maxine'. John says the name is perfect. John, who says he's humbled by such acceptance of Maxine, admits he's proud of her. Now you know the story of how Maxine came to be. ~Submitted by C.Q., Washington State



The Recipe Box...A Spot of Tea

Slow Cooker Chai -Recipe By: Seneca Schurbon

"Easy version of chai tea, using whole spices and sweetened condensed milk. To vary the flavor, try adding a bit of star anise, fennel, allspice, vanilla bean, or nutmeg. For a sweeter tea, stir in a bit of brown sugar."

Ingredients: 3 1/2 quarts water , 15 slices fresh ginger, peeled, 15 green cardamom pods, split open and seeded, 25 whole cloves, 3 cinnamon sticks, 3 whole black peppercorns, 8 black tea bags, 1 (14 ounce) can sweetened condensed milk.

Directions: Pour water into the crock of a slow cooker. Stir in the ginger, cardamom pods, cloves, cinnamon sticks, and peppercorns. Turn to High; simmer for 8 hours. Steep tea bags in the hot spiced water for 5 minutes. Strain tea into a clean container. Stir in sweetened condensed milk; serve hot.

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Special Comments

A special 'thank you' to the many people who join me evenings to hear *'The Donna Seebo Show'* and *'Warriors for Peace'* from around the country and the world. Your emails, calls and wonderful letters make my day. It is always a joy to share the talents and information from people and other sources that can make our lives better. Should you have recipes, ideas and/or information you think my listeners might be interested in, please email the information to me. Due to the tremendous amount of material received, I cannot promise that I will use it on my show but I do review everything that is sent.

For authors who are interested in being interviewed on my program, please send a copy of your book/CD/DVD publication along with your press kit to the address noted below. All materials are reviewed for content and if accepted, you will be called to schedule a date for an interview. Currently my interviews are booked two to three months in advance. It is always advisable to follow up with a phone call to be sure that your materials are received by my office.

You are always welcome to share this newsletter and if you have someone who would like to be added to the subscriber list, just send his/her name and email address to donna@delphiinternational.com or donnaseebo@comcast.net . Past newsletters are archived on my website, and you are welcome to review them at any time. If you desire to be deleted from the mailing just type unsubscribe in subject line.

For scheduling of private appointments (by telephone or in-person), information on gift certificates, speaking engagements, private parties, classes, etc., please contact my office at the telephone number listed at the bottom of this newsletter.

Do you know of children between the ages of 3 to 12 who love to read? Then you'll want to order *"God's Kiss"* my award winning illustrated book and audio tape. Go to my website, fill out the information and I

will be delighted to personalize the book for that special child. We are celebrating our 22nd anniversary of 'Classics' publications and now have a website showing 'God's Kiss' and other products. Both e-books and audio e-books are now available as well.

My children's publication, "*The Magic Hat*" is available in e-book and e-audio book format. It is also available in book form and I am happy to personalize it for you. You can go to my website to order directly or Amazon, Create Space, and Kindle. This book is beautifully illustrated by Carol Ann Johnson and you can listen to a 'free' preview of the audio book and view some of the art as well on Mrs. Seebo's Classics website.

Book #3, *The Woodcutter & The Tree* is now available... to order, contact me via my website, www.mrsseebosclassics.com or call my office directly to find out more information. A special 3-book package offer is available for those of you who would like the whole set of the signed *First Edition Publications*. Check in with me to find out more. Be sure to like us on Facebook, LinkedIn, and Twitter, tapping that *follow* button too.

*Have a magnificent day and remember....
"You are the Master of your Fate, the Captain of your Soul".*

*Donna Seebo - International Mental Practitioner/Psychic, Counselor, Award Winning Author, Speaker,
Teacher, Radio/Television Personality, Minister and
Host of the International 'Donna Seebo Show' and 'Warriors for Peace'*

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