



A Moment with Donna....Adaptation

I choose this topic deliberately as this has been a constant factor for the last few months and the month of May was a doozy! Murphy's Law seemed to be partnering up with two sisters called Shift and Change. I am looking forward to the trio evaporating into never-never land real soon.

Change is ever present. She is one constant of life, besides death and taxes. Nature demonstrates that to us every day and Nature also shares the adaptation process if we are willing to observe it. Even science tries to make us aware that when we think nothing is happening, there is always a process of some kind, working in the background, though at times invisible.

I was watching a documentary on the Smart Phone the other evening and was informed on how the process of developing the technology we enjoy today actually started over 2,000 years ago with a Roman inventor. He created a way of communicating long distances with fire torches utilizing a specific code. The journey of sophisticated technology has evolved slowly, however, here we are today communicating with people around the world and feeling as if it has always been a part of our lives. It is quite amazing when you think about it. Gene Rodenberry was way ahead of his time when he produced Star Trek. Look at how much of the technology that was portrayed in the programming we are using today.

Just this past week we had to change the servers for my radio shows as the signals were dropping all of the time when programs were being aired. It had to be done quickly and fortunately I had the people to assist me in the process of the changes needed. Shift-adjust-adapt. It happens over and over again. Since the latter part of the 1800's it seems like the speed of shift-change-adapt has sped up big-time.

So often I hear people saying, 'How can we be half-way through the year? I feel like it should still be January!' An accelerator button seems to have been activated and many of us would like to find the 'off' button. Do you feel the intensity of your environment, activities, and responsibilities a bit overwhelming? You are definitely not alone.

Shifts of change that we may get frustrated with, frequently force us to reflect, think, about our priorities. Stepping away from all of our electronic devices, spending time by ourselves, visiting with friends/neighbors, opening new doors of communication, meditation, developing creative hobbies, or whatever catches your fancy, enables us to reframe our lives and perhaps, our priorities.

Summer is here. Those lazy, hazy days of summer, when we can chill out, and savor the richness of right now. Sometimes it is ok to just pull weeds, doodle, and allow ourselves the opportunity to ask what means the most to us. How do we want to manage our time? What are our preferences? I know of one executive, after being in the wilderness for a few weeks with a friend, decided to give up his position and become a guide in one of the wildest areas in the United States. To the best of my knowledge he is still in the same working environment, quite happy with his decision.

We all have to adapt at one time or another, in various ways for various reasons. That is life. However, you do have choices available. Keep your eyes open, your expectations and attitude positive, and amazing things can happen. You might be surprised at the new paths and adventures awaiting you.

Happy Summer!

Donna Seebo

Power Thought for June

“The rung of a ladder was never meant to rest upon, but only to hold a man’s foot long enough to enable him to put the other somewhat higher.” ~Thomas Henry Huxley

June’s Chuckle

‘Not only did I fall off of the diet wagon, I dragged it into the woods, set it on fire, and used the insurance money to buy cupcakes.’ ~Author Unknown

The Donna Seebo Show

&

“Warriors for Peace”



Heard worldwide

“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, are listening 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> .

iTunes Stream:

<https://delphiinternational.com/listen.pls>

Windows Media & Similar Players:

<https://delphiinternational.com/listen.m3u>

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 interview 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.



June 2019

- 3....Black Death – David Randall
- 4....Panic Free – Tom Bunn
- 5....The Egyptian Origins of King David and the Temple of Solomon – Ahmad Oshan
- 6....The Black Madonna – Alessandra Bellori

- 7...Shaker Murders – Eleanor Kuhn
- 10...Flying Jenny – Theasa Toughy
- 11...Butterflies & Second Choices – Annette Hines
- 12...Transendent Wisdom of Maya – Gabriela Landa
- 13...Risking the Rapids – Irene O’Garden
- 14...Natural Compresses & Poultices – Christopher Vasey
- 16... *Happy Father's Day to all of you dads on this special day.*
- 17...Star Sisters – Linda Zlotnick
- 18...Private Practice Survival Guide – Brandon Seigel
- 19...Relentless – Ted Baxter
- 20...Get Started, Don’t Quit – Monty Reed
- 21...After You’re Gone – Kay Kendall
- 24...You Are More Powerful Than You Think – Dr. Fred
- 25...The Art of Preventing Stupid – Matt Davis
- 26...For the Want of 40 Pounds – Frankie Picasso
- 27...Iquitos – John Beyer
- 28...3 Breaths & Begin - William Meyer

Warriors for Peace

- 5...Weapons of Peace – Peter Johnston
- 12...The Flying Tigers – Sam Kleiner
- 19...The Healing-Pan Am Flight 001 – Richard Jellerson
- 26...The Green Berets in the Land of Elephants – Joseph Celeski

*Golden Nuggets
True Stories about Real People
&*

Hummingbirds

<https://Ifunny.com/man-dog-hummingbird/>

Mrs. Seebo's Classics

Finally...it’s here! Yes, *The Woodcutter & The Tree* is now available. 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. We are so pleased with this third publication in the Mrs. Seebo’s Classics series and know you’ll enjoy adding it to your library.

<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-June 2019

June 8th – Saturday – Psychic showcase at Carr’s Restaurant, on Bridgeport Way, Lakewood, Washington. Speaker at 6 pm. I will be on the panel and will have my publications with me, also will be available for mini-readings before and after program. Look forward to seeing you there.

June 12– Wednesday - The Psychic Spectrum, Poodle Dog Restaurant-Banquet Room, Fife, Washington. I will be the keynote speaker at 6 pm, 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.

June 25 – 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.

June 29 – Saturday – BEPC Conscious Wellness Expo – Kent Commons, 525 4th Ave N, Kent, Washington 98042. We are celebrating our 41st year and this annual event is going to be fabulous. Free admission and parking, hourly door prizes and much more. Speakers throughout the day – ***I will be presenting at Noon ... check the program for the room number.*** Hours: 10:00 am to 5:00 pm. Over a 100 Vendors, Healers & Readers. I will be doing mini-sessions all day long, no appointment necessary. Also, I will have books available and that includes my new children’s publication – *The Woodcutter & The Tree*. Looking forward to seeing you there.



The Recipe Box...Chocolate Angel Food Cake with Glaze

I don’t know about you, but sometimes my sweet tooth really screams for satisfaction. This recipe is a real winner for summertime and is lower in calories than your regular cake. Ok...I have to be honest...any excuse to have chocolate is a good excuse to make this luscious dessert and share it with friends.

Ingredients: ¾ cup sifted cake flour, ¼ cup cocoa, 1 cup egg whites, 1 tsp. cream of tartar, ¼ tsp. salt, 1 ¼ cups sifted sugar, 1 tsp. vanilla.

Directions: Sift flour and cocoa several times. Beat egg whites until frothy. Add cream of tartar and salt; beat until stiff but not dry. Gradually beat in sugar. Add flavoring. Then fold in sifted dry ingredients in fourths. Pour into ungreased 9-inch tube pan and bake in preheated moderate oven (325 degrees) for about 1 hour. Invert pan on rack. Let stand until cold. Top with Chocolate Glaze.

Chocolate Glaze: Melt together 2 Tbls. butter and 2 oz. (2 squares) unsweetened chocolate. Beat in 2 Tbls. boiling water, 1 cup sifted confectioners’ sugar, dash of salt, and ¼ tsp. vanilla extract.

Special Comments

A special ‘thank you’ to the many people who join me weekdays 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. Be sure to like us on Facebook, LinkedIn, and Twitter.

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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