



A Moment with Donna...Attitude & Gratitude

Two people sent me this video clip and I was so impressed with its content that I wanted to create my editorial around it. B.Z., Washington State & M.S., Alaska were the contributors.

https://www.youtube.com/watch?v=CgQkh1_cACE&feature=share

I have watched this video more than once and I am so impressed with the message that this young man gives each and every time. I was with someone for a couple of hours recently and they spent most of the time talking about how difficult life is and how unfair this, that, and the other was. By the time our visit was over there was a sense that their attitude had a lot to do with their perception of what was going on in their life.

November is the month of Thanksgiving. This young man makes every day a Thanksgiving Day because he counts his blessings and doesn't dwell on what he doesn't have. He appreciates his life, his family, his friends, and the opportunities that are present right here, right now. In all honesty, I don't feel I need to make any additional comments because he expressed so much so well, it is enough.

I wish for you, your friends and family, the happiest Thanksgiving holiday, as well as a month of gratitude for all of the blessings that fill your life in so many ways. Gratitude is an attitude that should fill your days in thought, word, and action.

Have a magnificent month.

Donna Seeba

Special announcement regarding latest diagnostic tool...Star Trek here we are! Ask your doctor when he/she will be getting this latest tool – Butterfly IQ

<https://www.bing.com/videos/search?q=butterfly+iq+diagnostic+ultrasound&&view=detail&mid=A3802A1033E7EE5619CAA3802A1033E7EE5619CA&&FORM=VDRVRV>

Power Thought for November

“I think I have learned, in some degree at least, to disregard the old maxim *Do not get others to do what you can do yourself*. My motto on the other hand is, *do not do that which others can do as well*.

~Booker T. Washington

November's Chuckle – Submitted by U.E., Washington

Everyone can use a little "grammar" update now and then, so here's yours for today... enjoy!
Is it "complete", "finished", or "completely finished"? No English dictionary has been able to adequately explain the difference between these two words - "Complete" or "Finished".

In a recent linguistic competition held in London and attended by, supposedly, the best in the world, Samdar Balgobin, a Guyanese man, was the clear winner with a standing ovation which lasted over 5 minutes

The final question was: 'How do you explain the difference between COMPLETE and FINISHED in a way that is easy to understand???' Some people say there is no difference between COMPLETE and FINISHED.'

Here is his astute answer: "When you marry the right woman, you are COMPLETE. When you marry the wrong woman, you are FINISHED. And when the right one catches you with the wrong one, you are COMPLETELY FINISHED!"

He won a trip around the world and a case of 25 year old Scotch!

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:**

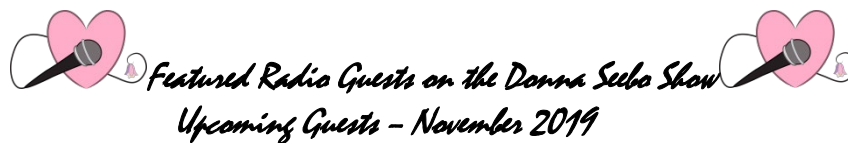
<http://www.delphiinternational.com/VisionBroadcasting/VisionBroadcasting.html> .

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.



- 1...The Memory Code - Alexander Loyd
- 4...Deep Flavors – Kenneth Horowitz & Ninja Cat – Justin Donner
- 5...Overcoming Fear of Death – Kelvin Chin
- 6...Talking Turkey – Leo Pearlstein – 99Years Young

- 7...Blossoming, Becoming a Woman – Dr. Vicki Mondlock & Laureli Shimayo – Metaphysical Empowerment & Wellness Event
- 8...Unlocking the Power of Fatherhood – Gary Rogers
- 11...Liberation Based Healing Practices – Rhea Almeida
- 12...Clear – Dr. Herman Williams
- 13...Loving Out Loud – Robyn Spizman
- 14...America’s Daughter – Maria Nhambu
- 15...The Rejuvenation Solution – Dr. Willix
- 18...125 Best Indoor Grill Recipes – Ilana Simon
- 19...Revelations about A-2 Milk – Shannon Smith
- 20...Bonjour, Breast Cancer-I’m Still Smiling – Princess Diane von Brainisfried
- 21...Walking with Angels – Keith Leon S.
- 22...The Stress Eating Solution – Dr. Laurel Mellin
- 25...Fresh Eyes Upon the World – Neal Grace
- 26...Dying to Tell You – Lisa Nijjar
- 27...Normal Sucks – Jonathan Mooney
- 28...The Wonder of Unicorns – Diana Cooper (England) *Happy Thanksgiving Everyone*
- 29...To be announced

Warriors for Peace

- 6....Journey to Justice – Gracie Travis Murphree (Honduras)
- 13...Eleanor, A Spiritual Biography – Harold Smith
- 20...Solutionomics – Chris Mackey
- 27...Soldier’s Blood & Bloodied Money – The Honorable Allen B. Clark

Mrs. Seebo’s Classics

This holiday season we are offering a special gift package of all three of Mrs. Seebo’s Children’s Classics for \$45.00 + S/H, autographed for those families and children you would like to gift them to.

Should you want to have the books personalized just call my office so I can do that for you – 253.582.5604. Now is the time to order these beautiful publications in time for Christmas.

<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-November 2019

November 2nd– Saturday Psychic showcase – new location – Elmer’s Restaurant-banquet room, 7427 S. Hosmer Street, Tacoma, Washington. I will be the keynote speaker at 6 pm. I will be giving the talk and doing demonstrations. I will have my publications with me and will be available for mini- readings before and after program. Look forward to seeing you there.

November 13th – 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.

November 16th – Saturday - The Metaphysical Empowerment & Wellness Fair – Bellevue , Washington – Crossroads Community Center, 16000 NE 10th. Hours: Noon to 8pm. I will be a Keynote Speaker and will also be doing mini-readings with publications for sale as well. Check the program for schedule. www.metaphysicalempowermentevents.com.

November 19th – 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 blindfold demonstrations as well, arriving between 5-6 pm, available for mini-sessions up to 7pm. I will have publications available for sale, including my special ‘children’s book package – perfect for the holidays’ ...all three books for only \$45.00 and they are autographed by myself and the artist.

Golden Nuggets True Stories about Real People Submitted by B.G., California

You're a 19 year old kid. You're critically wounded and dying in the jungle somewhere in the Central Highlands of Viet Nam . It's November 11, 1967. LZ (landing zone) X-ray.

Your unit is outnumbered 8-1 and the enemy fire is so intense from 100 yards away, that your CO (commanding officer) has ordered the Med Evac helicopters to stop coming in.

You're lying there, listening to the enemy machine guns and you know you're not getting out. Your family is half way around the world, 12,000 miles away, and you'll never see them again. As the world starts to fade in and out, you know this is the day.

Then... over the machine gun noise, you faintly hear that sound of a helicopter. You look up to see a Huey coming in, but...it doesn't seem real because no Med Evac markings are on it. Captain Ed Freeman is coming in for you.

He's not Med Evac so it's not his job, but he heard the radio call and decided he's flying his Huey down into the machine gun fire even after the Med Evacs were ordered not to come. He's coming anyway. And he drops it in and sits there in the machine gun fire, as they load 3 of you at a time on board. Then he flies you up and out through the gunfire to the doctors and nurses and safety. And, *he kept coming back!!* 13 more times!! Until all the wounded were out. No one knew until the mission was over that the Captain had been hit 4 times in the legs and left arm.

He took 29 of you and your buddies out that day. Some would not have made it without the Captain and his Huey

Medal of Honor Recipient, Captain Ed Freeman, United States Air Force, died Wednesday August 8, 2008 at the age of 70, in Boise, Idaho

May he always be remembered, God Bless and Rest His Soul.

Honor this real hero.

The Recipe Box...Crispy Apple Rings

Here in the Pacific Northwest apples rule, especially during the fall. One of my guests, Charmian Christie, shared a recipe from her latest cookbook, *3-Ingredient Baking Book*, that is fabulous. Easy to make, children and adults alike will enjoy munching out on these and a lot fewer calories than yummy calorie rich cookies that are especially tempting during this time of year.

Ingredients: Approximately 2 Tbls. cinnamon sugar, ¼ Tsp. ground ginger, 2 large apples, cored and sliced into 1/16th-inch rings.

Directions: Preheat oven to 200 degrees. 2 baking sheets lined with parchment paper. In a small bowl, combine cinnamon sugar with ginger. Place the apple slices flat in a single layer on the prepared baking sheets, ensuring that they don't touch. Sprinkle lightly with the sugar mixture. Bake in the preheated oven, with the racks place in the upper and lower thirds of the oven, until the apple slices feel leathery, about 2 hours. Turn off the oven and stick a wooden spoon handle in the door opening to keep it ajar. Let the rings cool completely in the oven. They will become crisp as they cool. Store in a covered glass container...they last up to a week ...if they are not gobbled up before then.

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 5 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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