



A Moment with Donna...Waterschool

I was having a conversation with someone after the Thanksgiving holiday and I noticed how frustrated the individual was with current environmental situations, the havoc in the world, the media, and much more. The feeling was so heavy and uncomfortable that I took a break, going to the ladies room, and I determined I was going to create a shift. So, after returning from the ladies room, our conversation continued and I told the person about a program, directed by mature women, developed for young girls in different countries around the world. Waterschool is the title of the program and the young girls, and some boys, are being educated on how to take care of rivers, streams, the environment. Also, they are taught why it is so important to be aware of the challenges that are present and how they need to be taken care of. The young people are alert, curious, and willing, to apply science and investigation into how we can take better care of our environments and the water that gives us life. The children are involved in planting trees, learning about water conservation, and they also are sharing their knowledge with their families and communities. They, because of our technologies, communicate with the other students in other countries. It is a global training program that is making an impact on young student's minds. They are gearing up to prepare for adult responsibilities that await them. Needless to say my friend's attitude shifted. Hope took the place of fear and apprehension.

The holiday season is one that should be celebrated with a joyful heart and an awareness that where we are, in any given moment, is the place to exercise mindfulness about how we want to exercise our appreciation of life's gifts...and yes, even the challenges. It is through our challenges that we grow into the bigger parts of ourselves. There are no shortcuts to wisdom and every generation, if they are unwilling to learn from history, will repeat the same mistakes. Hopefully they will be willing to break through their perceived limitations, making strides in areas previous generations couldn't conquer.

I have tremendous faith in the young people of today. I also have faith in the older generations who have walked the path of experience; weathering the difficult challenges that life presents to us all, and these elders sharing the wisdoms they have gained, with the younger generations as they evolve. Hope, faith, love, kindness, thoughtfulness, integrity and purpose, always should be supported and given freely. These are gifts that never age, wither, or lose value. These are the gifts of the real essence of life and are timeless in their applications.

May this holiday season bring an awareness of the beauty within you. Keep in mind that this world of ours has always had something going on in the way of upheavals and that fact isn't likely to change anytime soon. Create a shift in your mind, your attitude, when you are feeling overwhelmed with the holiday activities, shift to thoughts, memories, that bring you joy and happiness. You are the boss of your inner space and that of course, affects the outer conditions.

I wish you the most joyous holiday season and when we next meet it will be a new year of opportunity, and the challenges of 2019 will be left behind.

Donna Seebo

Power Thought for December

Every human being is intended to have a character of his own; to be what no other is, and to do what no other can do. ~Channing

December's Chuckle

It's true that gifts to charity are deductible on your income tax; the trouble is they are also deductible from your income. ~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> .

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.



**Featured Radio Guests on the Donna Seebo Show
Upcoming Guests – December 2019**



2...Lymphedema-Management & Nutrition Guide – Ann DiMenna & Georgett’s Day in the City & Country – Toby Cowan

3...3 Ingredient Baking Book – Charmaine Christie

- 4...Grateful Guilt – Stephen Taibbi
- 5...I Am God In Disguise - Craig Kolavo
- 6...The Return of King Lillian – Suzi Plakson
- 9...Liberation Based Healing Practices – Rhea Almeida
- 10..It's What We Do Together that Counts – Earl Heard
- 11..Why, Gary, Why? Jody Plauche
- 12..Evolutionary Empath – Stephanie Red Feather
- 13..Chef Cappy's Kitchen – Renee Heiss
- 16..Don't Panic It's Organic – Andy Lopez
- 17..Unbullied – Kalyani Pardeshi
- 18..Denisovan Orgins – Gregory Little
- 19..A Theology of Love – Richard Smoley
- 20..Alpha-1 Antitrypsin Deficiency – Samantha Bowick
- 23..The Extremely Busy Woman's Guide to Self-Care – Suzanne Falter
- 24..Rejuvenation Solution – Dr. Willix
- 25..Holiday Special – **Merry Christmas everyone!**
- 26..Stutterer Interrupted – Nina G
- 27..Mysteries of the Tayos Caves – Alex Chionetti
- 30..The Nugget – PT Deutermann
- 31..Holistic Wealth – Keisha Blair

Warriors for Peace

- 4...Return to the Philippines – Leon Cooper (#351-2)
11. See You Along the Way – Col. Tracey Meck
18. How They Made It in America – Fiona Citkin
25. The Ambassadors, America's Diplomats on the Front Lines – Paul Richter

Heart of Christmas ~ Alice E. Kennelly

After the carols have faded
 And the gifts have been tucked away.
 And the candles are stubs of formless wax
 And the snow is a brownish gray –
 After the holly withers,
 And the berries are rusted brown,
 And the carpets sparkle with tinsel fir
 Where needles come tumbling down –
 After the dream has ended,
 And the embers are burning low,
 May the Christ, the Heart of Christmas
 Still brighten the afterglow.

Mrs. Seebo's Classics

This month we are offering a special holiday package for our 3 hardback children's publications...*God's Kiss, The Magic Hat, and The Woodcutter & The Tree*. All three publications, autographed by me and my illustrator are available for \$45 + S/H. Should you want to have the books personalized to someone special ... just call my office and I'll be happy to do that for you.

<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-December 2019

December 7... Saturday Psychic showcase, The Gathering – 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 blindfold 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.

December 10... 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 me and the artist.

December 11.... Wednesday - The Psychic Spectrum, Poodle Dog Restaurant-Banquet Room, Fife, Washington. I will be the keynote speaker at 6 pm, doing demonstrations and will have publications available. Also, I will be available for mini-sessions before and after the program. I will have publications available for sale.

Mark your calendars for 2020...**The Dynamics of the Mind II** is scheduled for February 15th, Saturday, 9 to 5 pm, the Poodle Dog Restaurant in Fife, Washington, the banquet room. More information will be coming out in January's newsletter. Sign-up begins after January 2nd.

Golden Nuggets

True Stories about Real People

Kotodama – The Spirit of Words by Masami Saionji

Since ancient times, the Japanese people believed in *Kotodama* – the spirit of words.

Words have the power to create and inspire.

Words have magical energy that ripples out into the world.

Every one of us is free to choose the words we use.

Our own words can invite happiness or misfortunes, hopes, or despair.

They can enliven or kill, create peace or make war.

It is neither governments nor learned people that will guide humanity in the twenty-first century. It is the daily works of each individual that will create a bright future for our planet.

May Peace Prevail on Earth.



The Recipe Box...Polar Bear Shortbread Cookies

Chef Le Tips here with a whimsical shortbread cookie that will make you smile!

It snowed yesterday where I live and I can't begin to explain how beautiful the snow was - like a winter wonderland. All I could do was run to the cookie cutter cabinet and start looking for a cutter that would make me just as happy as the snow did. I found it - a Polar Bear Cutter!! Nothing like a platter of adorable polar bear cookies to make me jump for joy! Have a wonderful polar bear cookie week ahead!!! Until next time . . . Toodles from Tippy!

Polar Bear Shortbread Cookies

Ingredients: 1 1/2 cups butter salted and softened at room temperature (3 sticks or 12 oz), 1 cup icing sugar same as confectioner sugar or powdered sugar (4.4 oz), 3 cups all-purpose flour (13.2 oz),

Instructions: Preheat oven to 325 F degrees. Add the butter to a large bowl and blend it until smooth using an electric mixer set at medium speed for about 30 seconds. Add the icing sugar and continue mixing until well incorporated. Scrape down the sides of the bowl and combine thoroughly. Add flour and mix at low speed until well blended. The mixture will be crumbled and soft.

Roll out the dough so that it's about 1/4 of an inch in thickness, you can knead it a bit just so that the dough comes together, but don't overwork it, then cut into your desired shape with your favorite cookie cutter - mine is Polar Bears!

Bake for 12 to 15 minutes, or until just done (slightly golden in color). Do not let them get brown. Remove from the oven. If using a cookie sheet, lift out the cookies from the sheet using the parchment paper and cut into desired shapes. Finish cooling the cookies on a rack. Decorate however you wish or copy mine!!

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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