



A Moment with Donna.....Re-Direction

The holidays have now been completed. Decorations are coming down and are being packed away for the next Christmas season. It is time to reflect and think about this New Year, what direction we want to follow, will we do a layout of planning, organizing, perhaps even cleaning up last year's clutter?

However, something rather unusual occurred when I happened to watch the old movie, 'White Christmas'. I hadn't seen the movie for years yet I found myself not only enjoying all of the wonderful music but the underlying themes that were portrayed throughout the film.

All right...I can just hear you saying, 'Donna! What's the matter with you! It is past Christmas and you are writing about White Christmas? Really?! This is a NEW YEAR – 2020! Hello!!

Ok, ok...you are right, however, bear with me for just a bit. This movie is about men coming home from a war...1) It is about change, working with new ideas, directions, and doing what others don't think is possible. 2) Sometimes dreams take a while to become reality and with the help of friends, family, faith, love, action and support, things happen. 3) Not making assumptions. Be sure your facts are true before making major decisions and checking your sources of information. 4) Being willing to forgive and redirect your actions towards that you really want, not what you don't want. 5) Taking a chance on doing what may be considered impossible. 6) Honoring the past, being present in the now, and doing what needs to be done, letting the future work itself out. 7) Honor and respect our friends who have shared our path in life. 8) Make kindness and caring a part of our daily life. 9) Love is what life is all about. Love for self, family, friends, environment, and all forms of life's expression. 10) Last, but not least....DANCE! Don't forget to dance. Dance to the music of joy, peace, challenges and wins. Memories are made to enrich our lives, not to be forgotten. You enrich life when you not only follow your heart's music of expression, doing what means the most to you, but that you give the very best of yourself, being the living example of the finest and best you have to offer.

Who would have thought that a Christmas movie would have so much inspiration? Great way to start a New Year...don't you think?

Be inspired!...Dance and celebrate new beginnings with this New Year 2020.

Abundant blessings,

Donna Seebo



January's Power Quote

"The fire of knowledge burns all karmas to ashes." Bhagavad Gita

January's Chuckle

One day, my physician father treated himself to a plate of raw oysters and offered to share them with me. Just as I was about to dig in, he picked up an oyster, examined it, and commented, "They remind me of infected tonsils."

And that's the story of how he ended up eating the entire plate of oysters himself.

~C.T., Massachusetts-Reader's Digest

The Donna Seebo Show

&

"Warriors for Peace"



Heard worldwide

"Delphi Vision Broadcasting" is celebrating its 19th 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 - January 2020

1. New Year's Day...A Happy New Year to Everyone!1
2. The Quantum Akashic Field – Jim Willis
3. Feeling Smarter & Smarter – Dr. Harold Levinson

6. I Am God In Disguise – Craig Kolavo
7. Civilizations Quotations, Life's Ideal – Richard
8. To be announced
9. Chop Suey Nation – Ann Hui
10. Am I Burned Out? Dr. Khan
13. Camel Crazy – Christina Adams
14. Chaos to Clarity – Kathy Kanavos
15. Designing for Disaster - Boyce Thompson
16. Warrior Heart Practice – Heather Ash Amara
17. The Mystery of the Tayos Caves – Alex Chionetti
20. Awakening the Power of the Snake – Dawn Brunke
21. To be announced
22. Reconnecting to the Source – Ervin Laszlo (Italy)
23. To be announced
24. Theology of Love – Richard Smoley
27. Orchids of War – Denise Frisino
28. To be announced
29. Parsing Dragon – Susan Lampe
30. Tarot & the Gates of Light – Mark Horn
31. To be announced

Warriors for Peace

1. Where the War Ends – Tom Voss
8. Left to the Mercy of A Rude Stream – Stanley Goldman
15. Triumphant Warrior – Peter D. Shay
22. Eye Witness Korea – James Goulty (England)
29. Terriers in India – Peter Stanley

Mrs. Sebo's Classics

<http://mrssebosclassics.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-January 2020

January 22nd.... 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.

January 25th ... Saturday Psychic showcase– 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 publications with me and will be available for mini- readings before and after program. Look forward to seeing you there.

January 28th ... 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 children’s books, and they are autographed by me and the artist.

The Dynamics of the Mind II Seminar is scheduled for February 15th, Saturday, 9 to 5 pm, the Poodle Dog Restaurant in Fife, Washington, the banquet room. Registration done by February 7th you’ll save \$50.00. Check my website for more details/information regarding my guest speaker, location, and more. www.delphiinternational.com

February 29th & March 1st ... The Pacific Northwest’s Women Show at the Tacoma Dome...check out their website for this fabulous upcoming event at the Tacoma Dome...more details in February’s newsletter! WWW.nwwomensshow.com. You won’t want to miss it!

*Golden Nuggets
True Stories about Real People*

A man named Luigi Tarisio loved violins and began collecting them. He took great pride in scouting out rare finds and purchasing only those instruments that he knew to be of the finest quality. No one really knew about his passion, however, until after he died. It was while his estate was being appraised that some 246 valuable violins were discovered in his attic!

One of the most expensive violins had been hidden in the drawer of an old dresser. It was a Stradivarius he had purchased from someone who had also bought it solely as a collector’s item. In commenting on this, W.Y. Fullerton noted that in preserving the instrument, Tarisio had robbed the world of beautiful music all the time he treasured his violins. Others before him had done the same. In fact, by the time the greatest Stradivarius violin in his collection was finally played, 147 years had passed.



The Recipe Box...Herb-Parmesan Batter Bread

This bread is absolutely fabulous and a real hit whenever I have guests. I think you will enjoy making it for your family and friends, also loving the compliments you receive afterwards. Enjoy!

Ingredients: 2 cups warm water, 2 pkg active dry yeast, 2 Tbls. sugar, 2 Tsp. salt, 2 Tbls. butter-room temperature, ½ cup + 1Tbls. grated Parmesan cheese, 1 ½ Tbls. dried oregano leaves, 4 ¼ cups sifted all-purpose flour (sift before measuring).

Directions: Sprinkle yeast over warm water, stir until completely dissolved. In large bowl, add sugar salt, butter, ½ cup cheese, oregano, 3 cups of the sifted flour – mix – then add yeast water and mix ...beating mixture for about 2 minutes with an electric mixer, scraping down sides of bowl as necessary.

Gradually beat in the remaining flour into batter. Cover bowl with a piece of waxed paper and a damp kitchen towel. Place bowl of dough in a warm place, free from drafts, and let rise for about 45 minutes. At the end of the rising time the dough should be quite light, bubbly, and more than double in bulk. Preheat oven to 375 degrees. Lightly grease a 2 quart casserole dish. Stir batter down, breaking the gas bubbles. Beat the batter vigorously with a mixer or wooden spoon for about 30 seconds. Pour batter into prepared casserole dish and sprinkle the top evenly with 1 Tablespoon of the Parmesan cheese. Bake in preheated oven for 55 minutes, or until nicely browned. Remove from oven and turn out onto a wire rack and let cool. Delicious warm, cold, or toasted

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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